

# THE SPOKEN WORD

JANUARY 2003

VOLUME 32, NUMBER 1

## Pertinent Paragraphs from the Presidents

### HAPPY NEW YEAR TO ALL!!!

**Guest Speaker Lon Haldeman**  
**January 22 at Olympic Park Pool**  
**660 N. Ridge Arlington Heights**  
**7:30 p.m.**

During our January meeting, Lon Haldeman, the first RAAM winner and well known long distance cyclist, will talk and show slides about his exciting bike adventures in Peru. Lon will share his many experiences including biking in the rainy season and biking atop the beautiful 16,000 ft. Andes Mountains. He will also present a brief introduction and history of RAAM. There will be time at the end of the meeting to write down questions you would like answered regarding RAAM during our February meeting.

Karen Zmrhal will also speak at the January meeting about RAAM preparation, training, eating, etc. from the point of view of a 2002 RAAM participant, Terry Zmrhal, Jr. Your questions from the January meeting will be sent to Terry for him to answer from his point of view and will be presented at the February meeting. The 2002 RAAM video will also be shown at the February meeting.

**HELP!!!** – A VCR AND LARGE TV OR A VIDEO PROJECTOR (large screen available at Olympic) are needed for the January and February meetings. Does anyone have access to the above? Please call Karen Zmrhal immediately at 847-397-1499.

**Lon Haldeman** has been cycling across America since 1981. During this time period, he has ridden over fifty races and tours to all corners of the United States. Lon has won the Race Across America twice and set six other coast to coast records. His fastest transcontinental time was a record setting 7 day 14 hour tandem ride with Pete Penseyres in 1987.

During the past three years, Lon has been exploring

the mountains and jungles of Peru. He has bicycled 16,000 ft, atop the Andes and through the dense riverbanks of the Amazon River.

Lon's bicycle has served as a tool for opening the door to many adventures in this fascinating culture. Lon has found that the people of Peru are open and friendly toward Americans. They are generous with their limited possessions and very proud to share their way of life. Many of Lon's friends live in ghetto conditions without running water or sewers in their homes. Lon will share his stories of swimming with piranhas, looking for crocodiles and avoiding tarantula spiders.

Besides traveling in Peru, Lon and his wife Susan currently organize a series of regional training camps and tours. During the past three years they have served as directors for the Race Across

America, and are still involved in routing and planning the race. For more information about Race Across America check out the website at [www.raceacrossamerica.org](http://www.raceacrossamerica.org) and the PacTour website at [www.pactour.com](http://www.pactour.com).

Come – bring your friends and as always REFRESHMENTS will be served. The meeting is open to other bike clubs in the area, so help spread the word.

January is also the time to renew your membership in the AHBA for 2003. Dues are \$10 for an individual or family, and are due March 31, 2003. You get your money back by attending the club banquet in November, which is subsidized by the club – PLUS a whole year of biking activities. We ride on Tuesday, Saturday, and Sunday, sponsor a club picnic, progressive dinner, and general meetings. As an added bonus you can also enjoy the social activities put together by our social director – Don Ami. Best of all is the camaraderie of fellow bike enthusiasts.

Hope to see you and your friends at the exciting January 22 meeting at the Olympic Pool basement at 7:30 p.m.!

Karen Zmrhal and Roy Euclide

*January and  
February meetings  
will be at the Olympic  
Park Pool 660  
N. Ridge Arlington  
Heights 7:30 p.m.*



<p><b>Presidents</b>                  Karen Zmrhal                  kz2000@attbi.com                  ze2000@eudoramail.com                  847-437-1499                  Roy Euclide                  847-437-0442</p>
<p><b>Vice Presidents</b>                  Dave &amp; Chris Van Dornick                  Saddle_up169@msn.com                  847-259-7917</p>
<p><b>Secretary</b>                  Barb Swasas</p>
<p><b>Treasurer</b>                  Ron McPheron                  847-824-5091</p>
<p><b>Meeting Program</b>                  Roy Euclide                  847-437-0442</p>
<p><b>Refreshments</b>                  Jan McCandless                  847-680-1729</p>
<p><b>Membership</b>                  Cecily Rood                  847-398-7448</p>
<p><b>Newsletter Editor</b>                  Tom Wilson                  tomwilson@wideopenwest.com                  847-632-1412</p>
<p><b>Newsletter Mailing</b>                  Jim Shoemaker                  imjims@msn.com                  847-910-8640</p>
<p><b>Bike Swap</b>                  Al &amp; Jeanie Gain                  847-392-1547</p>
<p><b>Arlington 500</b>                  Greg Konieczny                  konie@mindspring.com                  847-398-4633</p>
<p><b>Web Site</b>                  Cindy Trent                  ctrent@dist214.k12.il.us                  847-392-6750</p>
<p><b>AHBA Ride Hotline</b>                  847-255-3468</p>
<p><b>Web Address</b>                  http://www.geocities.com/                  colosseum/midfield/2543</p>

## Next Membership Meeting

### January 22, 2003

There will be a Board Meeting at 6:30 p.m. before the Membership Meeting.

All members are welcome!

The Membership Meeting will begin at 7:30 p.m.

January and February meetings will be at the Olympic Park Pool 660 N. Ridge Arlington Heights

## Newsletter Policy

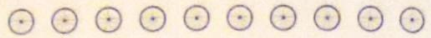
If you have any information for or about the club, I would love to hear from you. Send or email your information, ride stories, photos (with captions) and articles to me by the 10 of the month.

Tom Wilson  
 105 N. Elmhurst Ave.  
 Mt. Prospect, IL 60056  
 tomwilson@wideopenwset.com

## The Chicago Bike Show

The Chicago bike show on March 21-23 at Navy Pier. Discount Tickets are available through the website,  
[www.chicagobikeshow.com](http://www.chicagobikeshow.com)

The Show hours are 12-8 on Friday, 10-8 on Saturday, and 10-5 on Sunday.



### 2003 AHBA Top Mileage Riders

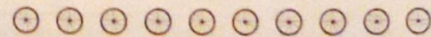
The top 15 in mileage as of 1-4-03

- |                          |     |
|--------------------------|-----|
| 1. Bob Hinkle            | 354 |
| 2. Mitch Polonsky        | 347 |
| 3. Christine Van Dornick | 298 |
| 4. Art Cunningham        | 283 |
| 5. Len Geis              | 254 |
| 6. Reinhilde Geis        | 254 |
| 7. David Van Dornick     | 224 |
| 8. Kurt Schoenhoff       | 208 |
| 9. Greg Konieczny        | 207 |
| 10. Vince Kelley         | 188 |
| 11. Ralph Salle          | 163 |
| 12. Earle Horwitz        | 149 |
| 13. Kris Sudrovehc       | 134 |
| 14. Bob Pletch           | 125 |
| 15. Tom Wilson           | 89  |

(this has bakery miles in it but not any of the Penny Road Pub rides)

### 2002 Last year's top 10 for AHBA

- |                          |      |
|--------------------------|------|
| 1. Bob Hinkle            | 4486 |
| 2. Mitch Polonsky        | 4403 |
| 3. Art Cunningham        | 4128 |
| 4. Earle Horwitz         | 3332 |
| 5. Kurt Schoenhoff       | 3199 |
| 6. Tom Wilson            | 3111 |
| 7. Dave Van Dornick      | 3000 |
| 8. Christine Van Dornick | 2898 |
| 9. Len Geis              | 2662 |
| 10. Reinhilde Geis       | 2527 |





# AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am	Deerfield Bakery Ride	C	Deerfield Bakery	The bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N. of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the Bakery after the ride	25/Tues 35/Thurs	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Every Saturday	10:00 am	Show n' Go	I	Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott. Depending on weather, dry pavement and temperatures near or above freezing are the criteria.	30 - 50	Dave and Chris Van Dornick 847-259-7917
Every Saturday	10:00 am	Penny Pub winter ride	C	Penny Pub	The Pub is 1/4-mile west of IL-59 on Penny Rd. We meet after the ride in the pub over a beverage & snack of your choice to discuss the world's problems. Above 20 and dry roads. If the roads are wet we can go trail riding	28 & 37 w/cue Sheets	Tom Wilson 847-632-1412 tomwilson@wideopenwest.com

**Call AHBA Ride Hotline for updates/change 847-255-3468**

<p>A = Advanced (12-15 mph average)                  I = Intermediate (moderate pace)                  N = Newcomers (pace will depend on ability of participants)                  C = Choose your own pace</p>	<p><sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. &amp; Kennicott.  <sup>2</sup> Recreation Park is located in Arlington Heights at Miner &amp; Douglas.  <sup>3</sup> Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District</p>
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## Eagle River Bicycle Ride

I was asked the other day if I was going to organize a 3-day bicycle ride again. With the help of Howard Paul and Dick Marr: I have laid out 3, three-day tours. This year if there is enough interest I plan to go to Eagle River, WI. We'll ride Tuesday through Thursday from a motel in Eagle River. You will have to make your own reservations. However the date has not been set. Last year we rode the last week in August in Door County. We got an off-season discount at the Alpine Inn and there was less traffic because school in many districts was in secession. However this eliminated the chance for teachers and those with school age children from riding. If you are a teacher or have children in school and would like to go on the Eagle River Ride let

me know. If enough teachers or families show interest I'll try to set up the ride for the second or third week of August.

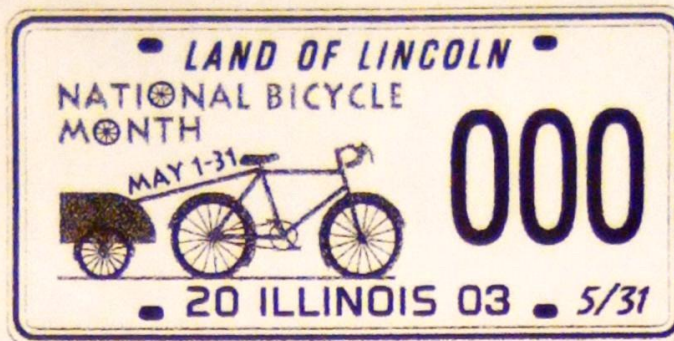
Call or write Bob Hinkle at 935 N. Mitchell, Arlington Hts., IL 60004 telephone 847-259-1423.

## Bike Florida

The Bike Florida group is doing a week long ride, March 15-21, 2003. The ride starts in Amelia Island and ends in New Smyrna Beach, miles approximately 400. Dick Marr, Janice McCandless and Nancy Wagner have registered for this ride and would like others to join them. Information for this ride is on the Bike Florida website, [www.bikeflorida.org](http://www.bikeflorida.org) or give Janice McCandless a call at 847-680-1729, e-mail: [janice.mccandless@abbott.com](mailto:janice.mccandless@abbott.com).



# May 2003 Is National Bicycle Month



Attention all bicycle enthusiasts! Celebrate National Bicycle Month with a limited edition license plate set. The plates are approved by the Secretary of State's office and you may display them instead of your regular plates during the months of April and May 2003. A sample of this year's plate is pictured above in black and white. The colors are: a white background, blue and red logo and red numbers, Land of Lincoln and a blue border. A color picture of the plate can be seen on the League of Illinois Bicyclist web site at [www.bikelib.org](http://www.bikelib.org).

The plate sets are numbered from 1 to 300. Priority will be given to those who ordered plates last year. All remaining plate sets are issued on a first-come-first-served basis. The cost of each plate set is \$25. To order your set, please fill out this form and return it along with your payment and a photocopy of your car's current license plate registration.

PLEASE PRINT LEGIBLY OR TYPE

Name \_\_\_\_\_ Signature \_\_\_\_\_

Address (No P.O. Boxes) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ FAX \_\_\_\_\_

E-Mail \_\_\_\_\_

Business Name (Only if using as shipping address) \_\_\_\_\_

Shipping Address (If different than above) (No P.O. Boxes) \_\_\_\_\_

Driver's License Number \_\_\_\_\_

Current Plate Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Car Make & Model \_\_\_\_\_ VIN# \_\_\_\_\_

Without a copy of your car's current registration, your application cannot be processed.

Please make your \$25 check or money order payable to League of Illinois Bicyclists.

Mail it, along with this form and a photocopy of your car's current registration to: LIB, c/o Laura Sanborn,  
1 So. 110 Normandy Woods Lane, Winfield, IL 60190. Phone: 630-462-5427, FAX: 630-462-5428

**Photocopy as needed for additional applications**



John Amling

# Biking "Inside the Beltway"

Local, Regional & National Bicycle Legislation

**"We need an energy bill that encourages consumption"** – George W. Bush, Trenton, NJ, September 23, 2002.

At least Washington DC is getting a bit more bike friendly with their buses. Through the efforts of the Washington Area Bicyclist Organization and others, almost 1500 bicycle racks will be installed on city buses by next month.

Other than that, the other big news in Washington is the ongoing formation of the next major transportation act, T-3. Due to be written into final form in 2003, now is the time for us to have some say in how bicycles will fit into it. America Bikes has become the primary mouthpiece for the bicyclist's interests. If you would like to put your "2 cents" in, go to their website at [www.americabikes.org](http://www.americabikes.org). There, you'll be able to learn more about the organization and their work, "sign" a petition, donate and get on their email alert list.

On the state level, there has been nothing new recently. Several bills in both branches of the legislature related to bicycling are in various committees. Both HB4366 & SB1811, which relegate cyclists back to being "intended users of the roadway", have been in the Rules Committees since February. SB1579, which will instruct the Secretary of Transportation to establish new design criteria for use in developing transportation projects that take into account, among other things, "access for other modes of transportation" has been in the Rules Committee since January. SJR0077, which calls for the governor to create a task force to evaluate current transportation planning and make recommendations, has been in the Rules Committee since May. And we pay these people to do what?! If you're so inclined, you might want to get in touch with your legislatures and ask them why this takes so long



and start taking action on these pieces of legislation

On the local front, I would like to make the club members aware of an opportunity to really become involved in local cycling. There will be a vacancy in the Arlington Heights Bicycle Advisory Commission this April. This is a group of 7 residents that act in an advisory capacity to the village on bicycle related matters. We meet approximately once a month for a couple hours on a weekday evening (very flexible schedule). Some of the projects that we have worked or are working on include the village bicycle route system, liasoning to regional bicycle planning, bicycle rodeos, bike month activities and any bicycle related issues that come up in the village. If you think this sounds like something you would like to be involved with, get in touch with Mayor Mulder and offer your services. We have a very bicycle friendly mayor and she would love to hear from you!! I should point out that you do need to be a resident of Arlington Heights.

The easiest ways to get in touch with your legislatures is through the web. You can contact your state representatives through [www.legis.state.il.us](http://www.legis.state.il.us) and your Washington representatives through [www.senate.gov](http://www.senate.gov) or [www.house.gov](http://www.house.gov). If each of us takes just a couple minutes a month to let them know we're watching them, it could really make a difference!



# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

email \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_

In signing this release for myself and/or all named participants under the age of 18, I understand that the Arlington Heights Bicycle Association officers and members are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. For myself and/or said minor, my (and minor's) heirs and assignees, I here by waive all claims for, forever discharge and release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned arranged sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_

Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

Membership for both Individuals and Families = \$10.

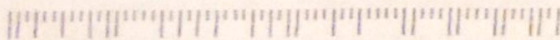
Family Members under 18 yrs. \_\_\_\_\_

Age \_\_\_\_\_

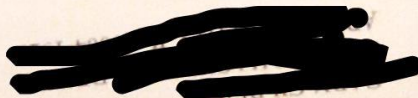
Age \_\_\_\_\_

Age \_\_\_\_\_

Make check payable to Arlington Heights Bicycle Association  
Mail to: Cecily Rood  
505 Kings bury Dr.  
Arlington Heights, IL 60004-2450



60004+1525



Arlington Heights Bicycle Association  
500 E. Miner Street  
Arlington Heights, IL 60004





# THE SPOKEN WORD

FEBRUARY 2003

VOLUME 32, NUMBER 2

## Pertinent Paragraphs from the Presidents



*Lon Haldeman speaking at January meeting*

**A great big THANKS** to all of you who came out on the coldest night of the year to our January meeting to hear Lon Haldeman tell of his wonderful adventures in Peru over the last three years! Lon's pictures were great and he presented an insight into a culture that is unknown to most of us. By the number of questions asked by those in attendance, it was apparent that the audience was extremely interested in Lon's presentation. Over 90 people attended the meeting! WOW!!

Our next meeting, contrary to the January newsletter, will be back at our normal gathering place, RECREATION PARK on February 26. The board meeting is at 6:30 pm, everyone is invited. The general meeting follows at 7:30 pm. Karen Zmrhal will be speaking on RAAM – the preparation, training, eating, etc. from the point of view of a 2002 RAAM participant, Terry Zmrhal, Jr. The 2002 RAAM video will also be shown. If you have any RAAM questions, send them to Karen at [kz2000@attbi.com](mailto:kz2000@attbi.com) and she will forward them onto Terry Jr. and/or Lon Haldeman for answers. Should we try for two attendance record meetings in a row? Why not?

Our winter weather has not been nearly as biker friendly as last year – but what do you expect when living in the Chicago area? Remember we still do have the Saturday Show-N-Go rides at 10:00 am starting from Frontier. Tom

Wilson's Penny Pub ride leaves from the pub at 10:00 am. And don't forget the bakery rides on Tues and Thurs from the Deerfield Bakery at 10:00 am. All rides are weather permitting – dry streets and above freezing – 32 degrees.

**THINK SPRING!!** Our club is built around volunteers and we are extremely thankful for the many who do volunteer. Our annual Bike Swap will be April 26 and 27, 2002 at Pioneer Park in Arlington Heights and we will need all the help we can get! Please call Al and Jeanie Gain to let them know you will volunteer. We need

EVERYONE so PLEASE mark your calendar NOW. The Bike Swap is being held at Pioneer Park, as Frontier Park logistically does not serve us well after the rebuilding of the pools. It really is FUN to see all your friends after a winter of hibernation. Don't worry - there is a job for everyone. Remember - for your time and talent those two days, doughnuts and coffee are provided in the morning. Chris and Dave provide a

delicious lunch each day, and we invite everyone to join us for a pizza party after we finish cleaning up on Sunday evening at 6 pm.

**Remember to get your dues in as they are due March 31, 2003.**

Karen Zmrhal and Roy Euclide

*February meeting  
will be at  
Recreation Park  
in  
Arlington Heights  
7:30 pm*



**Presidents**

Karen Zmrhal  
 kz2000@attbi.com  
 kz2000@eudoramail.com  
 847-437-1499  
 Roy Euclide  
 847-437-0442

**Vice Presidents**

Dave & Chris Van Dornick  
 847-259-7917

**Secretary**

Barb Swasas  
 630-628-6267  
 powerbarb@screaminet.com

**Treasurer**

Ron McPheron  
 847-824-5091

**Meeting Program**

Roy Euclide  
 847-437-0442

**Refreshments**

Jan McCandless  
 847-680-1729  
 Carl Jester

**Membership**

Cecily Rood  
 847-398-7448

**Newsletter Editor**

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**Web Address**

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# Next Membership Meeting

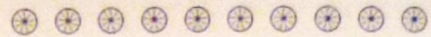
**February 26, 2003**

There will be a Board Meeting at 6:30 pm before the Membership Meeting.

The Membership Meeting will begin at 7:30 pm.

All are welcome!

February's meetings will be at Recreation Park in Arlington Heights



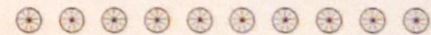
**2003**

**AHBA Top Mileage Riders**

The top 15 in mileage as of 2-7-03

- |                          |     |
|--------------------------|-----|
| 1. Art Cunningham        | 419 |
| 2. Bob Hinkle            | 354 |
| 3. Mitch Polonsky        | 347 |
| 4. Christine Van Dornick | 334 |
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| 11. Bob Dominski         | 203 |
| 12. Vince Kelly          | 188 |
| 13. Earle Horwitz        | 186 |
| 14. Ralph Salle          | 183 |
| 15. Kris Sudroveh        | 134 |

Note these totals do not include any January bakery rides



## Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Send or email your information, ride stories, photos (with captions) and articles to me by the 10 of the month.

Tom Wilson  
 105 N. Elmhurst Ave.  
 Mt. Prospect, IL 60056  
 tomwilson@wideopenwest.com

## A Free Lunch?

The Schaumburg Bicycle Club is having a spring invitational – SPRING FORWARD 2003 – on Sunday, April 6 – don't forget to turn your clocks forward!! The ride starts in Union, IL, west of Rt 20. If you register BEFORE March 7, you will receive a FREE bratwurst/hotdog lunch.

## The Chicago Bike Show

The Chicago bike show on March 21-23 at Navy Pier. Discount Tickets are available through the website,

[www.chicagobikeshow.com](http://www.chicagobikeshow.com)

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# AHBA RIDE SCHEDULE

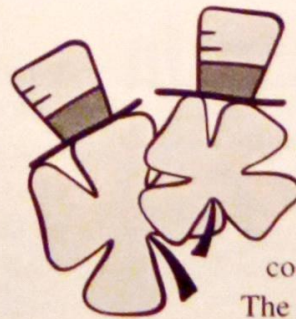
Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am	Deerfield Bakery Ride	C	Deerfield Bakery	The bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N. of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the Bakery after the ride	25/Tues 35/Thurs	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
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Every Saturday	10:00 am	Penny Pub winter ride	C	Penny Pub	The Pub is 1/4-mile west of IL-59 on Penny Rd. We meet after the ride in the pub over a beverage & snack of your choice to discuss the world's problems. Above 20 and dry roads. If the roads are wet we can go trail riding	28 & 37 w/cue Sheets	Tom Wilson 847-632-1412 tomwilson@wideopenwest.com
Sunday 3/16	10:00 am	St. Patrick's Day ride	C	Foglia YMCA	The Foglia YMCA is at 1025 Old McHenry Rd. in Lake Zurich. Take Rand Rd. (12) to Quentin Rd. go north to Old McHenry Rd. turn left go a 1/4 mile to the second light at Fairfield Rd., the Y is on the left.	21 & 26 w/cue Sheets & road markings	Dave and Chris Van Dornick 847-259-7917

**Call AHBA Ride Hotline for updates/change 847-255-3468**

A = Advanced (12-15 mph average)  
 I = Intermediate (moderate pace)  
 N = Newcomers (pace will depend on ability of participants)  
 C = Choose your own pace

<sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.  
<sup>2</sup> Recreation Park is located in Arlington Heights at Miner & Douglas.  
<sup>3</sup> Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District

## Saddle Up for the St. Patrick's Day Ride



drinks and a chance to warm up. Then a second loop of 26 miles ending at the Y for more cookies.

The fee for the ride is \$7.00 and registration opens at 8:00 am, closes at 10:30 am.

Saddle up on Sunday, March 16th for the first invitational ride of the season! The St. Patrick's Day Ride is a club ride and the miles count. We are meeting at the Foglia YMCA at 1025 Old McHenry Road in Lake Zurich at 10:00 am. (the Y is at the intersection of Old McHenry Road and Fairfield Road)

The ride has two loops, a 21 mile loop that brings you back to the Y for cookies and hot

## Eagle River Bicycle Ride

Bob Hinkle is setting up a ride in Eagle River, Wisconsin for August, the date has not been set. It will be a three day ride Tuesday through Thursday from a motel in Eagle River.

Call or write Bob Hinkle at 935 N. Mitchell, Arlington Hts., IL 60004 telephone 847-259-1423.



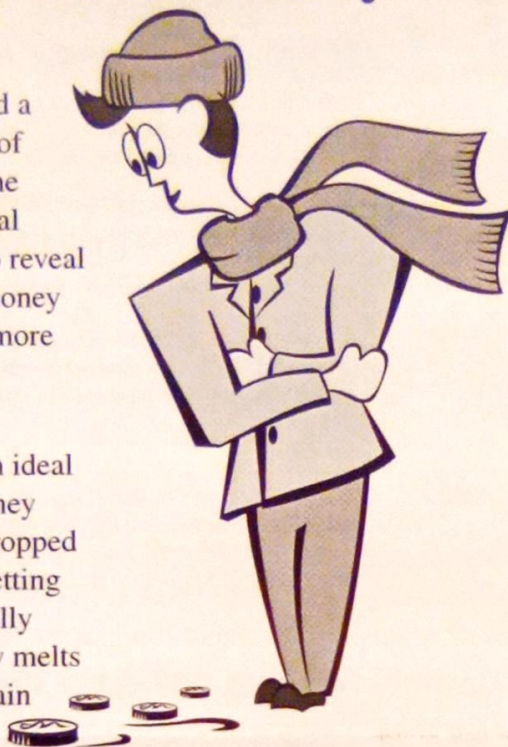
Bob Hinkle

## How To Find Money While Biking

Members of the AHBA had a chance to guess the amount of money that I found during the 2002 riding year at the annual banquet. Now I am ready to reveal my secrets on how to find money while biking. Can you find more than me in 2003?

### *Start Early*

January and February is an ideal time to start looking for money while biking. People who dropped coins into the snow while getting into or out of their cars usually can't find them. As the snow melts the coins become visible again



and ready for the pickings. The advantage of looking for coins during the winter months is that they usually are not scuffed-up when you find them. Sometimes you have to chip a little ice around a coin in order to retrieve it.

A word of caution be careful and avoid the patches of ice, slush, and chunks of snow that drop off from the wheel-wells of cars. Sometimes riding over or into these can cause a "YIPE" also known by other names. "YIPE" is the word bike riders use to signal that the bike is sliding out from underneath them.

## The New Jerseys are In



Our Arlington Bike Club jerseys have arrived and we are very happy with the results. Once it warms up a bit, we will be having a club ride

where we can all wear our new jerseys we will be looking good! If anyone finds a source for matching cycling socks or helmets, let the rest of us know! The jerseys will be available for pickup at the February club meeting.

All AHBA members are eligible to order cycling clothing from Voler with at 10% discount via the internet.

<<http://www.voler.com>> . You must click on Teams Save to register first and then click on VeloWear to make your purchases. There are a variety of jerseys, shorts, socks, warmers, and other clothing available.

We did order a small number of additional jerseys in a variety of sizes. If you missed your chance to purchase one, they are available to members for \$45. Contact Gary Gilbert [garygilbert@attbi.com](mailto:garygilbert@attbi.com) or (847)577-4275.



Christine Van Dornick

## Our You Becoming a Couch Potato

So you don't want to be a couch potato but it's been cooler than you want to ride in and what to do?

Starting from about mid to early January, the temperatures haven't exactly been balmy. For many of you that means no outdoor riding opportunities. You've begun to feel like a couch potato, there isn't any snow here to ski on and you're out of ideas on how to get in shape for the coming riding season. Here are a few tips to start thinking on the right lines.

Even though it has been too cool to ride some days, there are many other activities that can get you back in shape. I'm going to divide this up into two sections: one to deal with aerobic fitness and the other to deal with strength.

There are many ways to get back into aerobic fitness. One thing that almost everyone can do is walk. Walking is a great aerobic exercise that doesn't get enough credit. Equipment is minimal: a good pair of walking shoes. The rest is up to weather conditions. Dressing in light layers is the best so that you still have freedom of movement and yet don't look and feel like a mummy. If you choose to walk outside and are considering working up a sweat, here are a few basics. As with any activity where your goal is to bring your heart rate up and possibly work up a sweat, do not wear cotton as a first layer. Cotton absorbs sweat but does not release it thereby the cold and clammy feeling. Yuck! Better to wear a polypropylene or coolmax shirt (a good long under wear set is worth a lot). Remember to cover your ears and fingers as they are items susceptible to frostbite. You loose close to 75% of heat buildup through your head. Cover it and you'll stay warmer.

How long should you walk for a good aerobic workout? 30 to 40 minutes several times a week is a good starting point. You may want to do one long walk for 45 minutes to an hour. How fast? Fast enough that you are increasing your heart rate but not so fast that you cannot talk comfortably. Pumping your arms can add to the aerobic quality. Remember that you arms swing naturally at your hips so a better effort is to bend the arms at the elbow and pump them as if you were running.

If you don't want to walk outside, there are several options. Many health clubs have treadmills, elliptical trainers and plain old walking tracks. If that idea doesn't thrill you, many shopping malls are open early for people to walk indoors. Randhurst in Mount Prospect is one of them.

Now for the strength portion of the equation. Strength exercises can be done at any time of the year but are helpful to begin building for the spring season when it will eventually warm up. Most people think of their quads and gluts (thigh and butt muscles) but there are a few more. Your shoulders and arms are the shock absorbers on the front portion of the bike.

Your abs are really important, too. Here are a few exercises that will help each area. The idea with any strength exercise is to move slowly through the full extent of the movement.

### Lunges (good for quads and gluts).

Stand with both feet about even. You may want to place a chair beside you for balance. Start by taking a giant step forward with your right foot, keeping the left one in place. Bend at both knees until your left knee nearly touches the ground.

Then return to standing. Then start with the left foot taking a giant step and allowing your right knee to almost touch the ground. Move slowly and keep your back straight. Either place your hands on your hips or at your sides to keep balance. Try for 10 repetitions with each leg to start. (2 sets) Increase the number of repetitions as you become stronger.

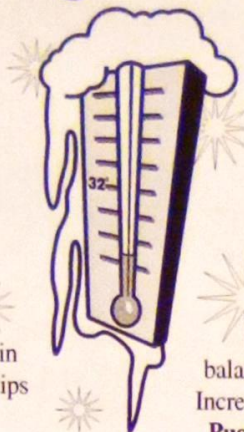
### Pushups (good for shoulders, pectorals and bi- and triceps)

Most people know the basics of the pushup, but there are many variations. A chair can be used to add or reduce the amount of resistance. Women can effectively work from their knees and most men can perform pushups from their toes. The basic move begins laying face down with hands pressed against the ground at shoulder position and just a little wider than should width. Keep your back straight and push up from the ground pivoting from the toes (knees for the ladies). Push all the way until the arms are straight and then slowly return to starting position. I was taught to keep my head straight and descend far enough so my nose is almost on the ground before starting the next one. Try 10 in a row with two sets. Placing your hands either wider apart or close to the center of your body changes the portion of the shoulder muscle that you are working. If the standard ones are easy, try placing your feet on a chair and descending in the same motion. The chair changes the center of gravity and moves it closer to your shoulders.

### Crunches and more (abs and back)

Your abdominal muscles do a lot more than you think. They support your back almost as much as the muscles in the lower back. Stronger abdominal muscles can help you maintain good form in a longer hill climb or toward the end of a long ride when you are becoming tired. Crunches start from the laying down position, with your knees bent and feet flat on the floor. If you tend to pull your head up, leave your hands resting on your stomach. Roll up from the middle of the back as if a string were evenly pulling you head skyward. Come up only until your shoulder blades are a couple of inches off the ground. Then roll back down slowly. You can strengthen your abs even while you're commuting to work. Sit up straight and pull your stomach in and hold it for a count of 30 or 40 seconds. Breathe by moving the upper portion of your chest.

Get ready; it will eventually warm up! Even though some exercise may not duplicate the same muscles groups as cycling, something is better than nothing. Tuesday night rides will begin April 8. The regular ride schedule for Saturday weekend rides will begin with the St. Patrick's Day Ride on March 16. That's sooner than you think.





John Amling

# Biking "Inside the Beltway"

## Local, Regional & National Bicycle Legislation

**The latest idea the government has come up with** to encourage cycling and other forms of physical activity is the expansion of the President's Challenge program. Adults now can earn a Presidential Active Lifestyle award. This is achieved by participating in 30 minutes of physical activity (this can include taking the stairs instead of the elevator?) 5 days a week for 6 weeks. After that, you can sew the patch on your bathrobe and go back to the couch looking way cool! Anyone interested in adding this testament to leading the active life to his or her "patch vest" can register for the program by going to [www.presidentschallenge.org](http://www.presidentschallenge.org) or [www.fitness.gov](http://www.fitness.gov). It's really easier than it sounds – it only took me 5 minutes to fill out the form and my patch is on its way!! Just kidding!

On the opposite side, the administration, as part of their economic stimulus package is proposing increasing the allowable write-off for passenger automobiles used by businesses. This will enable companies to purchase and totally write off large SUVs and luxury cars instead of the little Focus's and Saturn's they have to drive around now (or "eat" the amount they spend over the current limitations). Here's an idea. How about they increase the write off with certain requirements? Maybe only allow the increase on hybrid type vehicles? Maybe only allow the write off on the vehicles that are in the top 10 or 20% in fuel efficiency in their class? If you think this sounds like a good idea, get in touch with your representatives in Washington and let them know

about this incredible opportunity they have to enact legislation for both economic and social good!

On the local scene, the Palatine Road reconstruction continues. For those who aren't aware of this, IDOT is planning on completely rebuilding Palatine Road from around Rt 294 to Rt 53. There's been numerous plans kicking around for about 2 years and the planning seems to be approaching an end. The design of the roadway has been pretty much decided and the issues now are, for the most part, pedestrian and cyclist accommodations. Of particular concern are the crossings and over/underpasses. Now is the time

when accommodation for pedestrians and cyclists must be implemented as once they are built, there won't be another chance to impact consideration of alternative transportation for another 20-40 years! To put your 2 cents in, contact Gin Kilgore of the Chicago Area

Transportation Study (CATS) at 312-793-0451 and she can point you in the right direction.

Last of all, my monthly reminder to get involved! The easiest ways to get in touch with your representatives is through the web. You can contact your state representatives through [www.legis.state.il.us](http://www.legis.state.il.us) and your Washington representatives through [www.senate.gov](http://www.senate.gov) or [www.house.gov](http://www.house.gov). These websites are also a great source of information about what's going on in the legislature. If each of us takes just a couple minutes a month to let them know we're watching them, we could really make a difference!





# PARTY THE NIGHT AWAY

**P**out for me, baby! (Hey, wait, can bikes pout?) Chicagoland Bicycle Federation's Third Annual Bike Town Bash

Everyone who's anyone knows that the Bike Town Bash is the most happenin' bike-centric party of the season! More than 350 cyclists, CBF supporters, Chicago decisionmakers and bike industry folks are expected for a night of food, libations, photography and fun. Live and silent auction items include tons of cool bike-themed photos, bike products, trip packages and more!

Send us your snaps! The highlight of this year's Bash is a bike-themed photo contest and auction. Amateur and professional photographers alike are encouraged to donate 5x7" or larger photos to Chicagoland Bicycle Federation by Feb. 17 to be entered into the contest. And everyone who donates a photo can buy two tickets to the Bash for the price of one - that's two for \$60! If you've never been to the Bash, THIS is your year.

Cash prizes of \$100/1st place, \$75/2nd place, and \$50/3rd place will be awarded in each of four categories - Utility/Lifestyle, Recreation/Racing, Abstract, and Non-Traditional Photography. The contest will be judged by nationally known photographer Stephen Gross.

We request that all photos be presentation-ready - for example, lightly mounted on mat board, covered in plastic and ready to hang. If you don't prepare your photo for presentation, please include a check for \$15 to help us defray costs. Be sure to visit [www.biketraffic.org/bash](http://www.biketraffic.org/bash) for rules, information and the all-important entry form. Prizes sponsored by Edwards and Kelcey.

Who needs punch and pie? Goose Island will be back with everyone's favorite hops and oats, and we'll have lots of hors d'oeuvres provided by Whole Foods, Artist's Restaurant, Big Bowl, Wishbone,

Frontera Foods, Corner Bakery and Eli's Cheesecake. We'll also have wine and other goodies. Mmmm!

Fearless collaborators: Twang Bang, starring Itzi Rothkowsky and Redd Klaatz, will rock the night with their weird original blend American pop music styles, old and new. They've been described as poppy, punky, rockabillyish, jazzy, country, funky, funny, and just plain odd. Portable in the most

extreme sense of the word,

Twang Bang has performed live on various bike routes around the city, including the full length of the Boulevard Lakefront Tour in 2001.

They played the Bash last year, but with Twang Bang that NEVER means you'll hear the same old thing!!

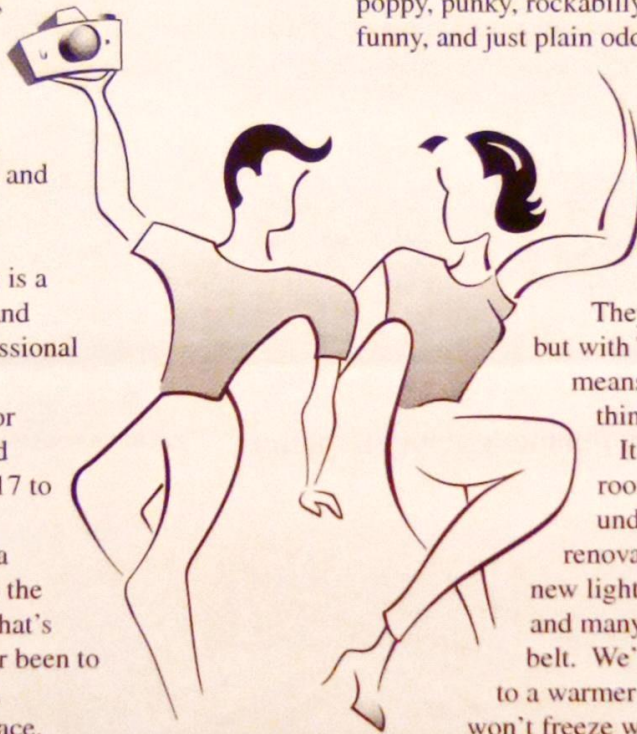
It's Finkl-icious! The party room at Finkl Steel has undergone impressive renovations in the past year, with new lighting, structural improvements and many big-time parties under its belt. We'll move the registration area

to a warmer location so bare shoulders won't freeze while walking to the party room. And we'll have a special bicyclist changing area, for those of you who choose to arrive in the most stylin' way.

I'm CHEEEP! How do I get in for free? New this year is a volunteer program that will offer 25 volunteers a free spot in Bike The Drive or the BLT in exchange for a commitment to the Bash. Check the Bash Web site or call our membership director, Pamela Brookstein, for more information. Volunteer positions include a variety of duties before, during and after the event.

Sponsors include SRAM, Edwards and Kelcey, TY Lin, adNet, Chicago Athlete. We're also grateful to all those who will provide food and beverages (listed above).

**See you at the Bash!**





# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ email \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone: \_\_\_\_\_

In signing this release for myself and/or all named participants under the age of 18, I understand that the Arlington Heights Bicycle Association officers and members are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. For myself and/or said minor, my (and minor's) heirs and assignees, I here by waive all claims for, forever discharge and release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned arranged sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

Membership for both Individuals and Families = \$10.

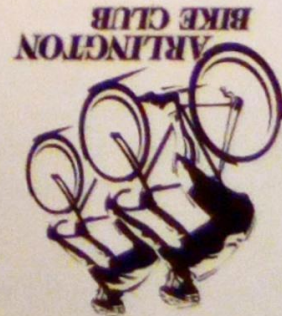
Family Members under 18 yrs.	_____	Age _____
	_____	Age _____
	_____	Age _____

Make check payable to Arlington Heights Bicycle Association  
Mail to: Cecily Rood  
505 Kings bury Dr.  
Arlington Heights, IL 60004-2450

60004+1523



Arlington Heights Bicycle Association  
500 E. Miner Street  
Arlington Heights, IL 60004





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# THE SPOKEN WORD

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MARCH AND APRIL 2003

VOLUME 32, NUMBER 3

## *It's Spring!* Time to work

### **Annual Bike Swap**

The Bike Swap is on April 26 and 27 at Pioneer Park. We need lots of help, so sign up at the meeting this month or call Al & Jeanie Gain at 847-392-1547. It's a good time to see old friends after a very cold winter and remember food is provided.

### **2003 Arlington 500**

Preparations are feverishly underway for this year's Arlington 500. The date of the ride is May 18th. We're starting from Barrington High School again this year. As always, we can use all the help that we can get both before and on the day of the ride. A flyer mailing evening (free Gino's pizza!) is planned for April 14th at my house. If you're available to help with the 500, call me, Greg at 847-398-4633. Don't wait too long! I've already had some volunteers and the good jobs such as the 68 mile sweep are going fast. Besides, I get very nervous when you all wait till the last minute to call to help out.

## *It's Spring!* Time to play

It's time to get that bike out and do some of the many rides the club has this spring.

### **Saturday Rides**

Advanced Saturday rides start on the 22 of March with a 30 mile loop (see ride schedule on page 3). Intermediate rides will start in May. Until then, intermediate rides will go the same destination as Advanced rides, but at a moderate pace.

### **Bakery Rides**

The Bakery rides on Tuesday and Thursday will change to 9:00 am on Tuesday, April 1st, no fooling.

### **Wednesday Trail Rides**

On Wednesday, April 2nd "Rides of a Different Flavor" begin for the season (see the schedule on page 4).

### **Tuesday Night Rides**

On April 8th the "Tuesday Night" rides start at 6:30 pm at Recreation Park. See you on the road!

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*The March meeting will have Vince from Village CycleSport, discuss new items related to bicycling. He will also discuss bicycle maintenance. The meeting is at Recreation Park at 7:30 pm on March 26.*

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Remember to get your dues in by March 31, 2003.



<p><b>Presidents</b>                  Karen Zmrhal                  kz2000@attbi.com                  kz2000@eudoramail.com                  847-397-1499                  Roy Euclide                  847-437-0442</p>
<p><b>Vice Presidents</b>                  Dave &amp; Chris Van Dornick                  847-259-7917</p>
<p><b>Secretary</b>                  Barb Swasas                  630-628-6267                  powerbarb@screaminet.com</p>
<p><b>Treasurer</b>                  Ron McPheron                  847-824-5091</p>
<p><b>Meeting Program</b>                  Roy Euclide                  847-437-0442</p>
<p><b>Refreshments</b>                  Jan McCandless                  847-680-1729                  Carl Jester</p>
<p><b>Membership</b>                  Cecily Rood                  847-398-7448</p>
<p><b>Newsletter Editor</b>                  Tom Wilson                  tomwilson@wideopenwest.com                  847-632-1412</p>
<p><b>Newsletter Mailing</b>                  Jim Shoemaker                  imjims@msn.com                  847-910-8640</p>
<p><b>Bike Swap</b>                  Al &amp; Jeanie Gain                  847-392-1547</p>
<p><b>Arlington 500</b>                  Greg Konieczny                  konie@mindspring.com                  847-398-4633</p>
<p><b>Web Site</b>                  Cindy Trent                  ctrent@dist214.k12.il.us                  847-392-6750</p>
<p><b>AHBA Ride Hotline</b>                  847-255-3468</p>
<p><b>Web Address</b>                  http://www.geocities.com/colosseum/midfield/2543</p>

## Next Membership Meeting

March 26, 2003

There will be a Board Meeting at 6:30 pm before the Membership Meeting.

The Membership Meeting will begin at 7:30 pm.

All are welcome!

The meeting will be at Recreation Park in Arlington Heights

## NEW

### Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Send or email your information, ride stories, photos (with captions) and articles to me by the 10<sup>th</sup> of the **preceding** month.

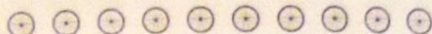
Tom Wilson

105 N. Elmhurst Ave.

Mt. Prospect, IL 60056

tomwilson@wideopenwest.com

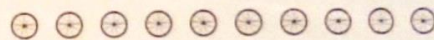
**J**oin our Arlington Heights Bicycle Association on the internet. A Yahoo Group named ahhbacyclists has been formed. The group lets us communicate with one another via email without having to know each individuals email address. You can check out the group at <<http://groups.yahoo.com/group/ahbacyclists/>>. When you sign up, you can choose to get all emails broadcast to the group or to read the messages on the web site at your leisure. All messages sent to the group are kept on the web site so you can always go back and read old messages. So far 14 club members have signed up to the group and have been exchanging email. Use the group to announce rides that aren't on the ride schedule or to ask advice from other club members. Once you are signed up, you can send email to the group by sending email to ahhbacyclists@yahoo.com and your message will be automatically distributed to other group members. For questions, call Gary Gilbert at (847) 577-4275 or via email at gary.gilbert@attbi.com



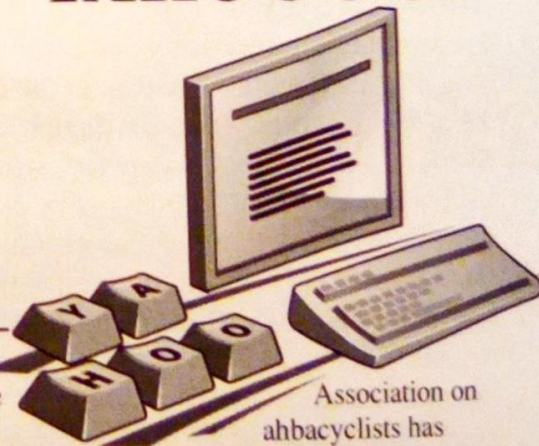
## 2003 AHBA Top Mileage Riders

The top 15 in mileage as of 3-5-03

- |                          |     |
|--------------------------|-----|
| 1. Mitch Polonski        | 515 |
| 2. Bob Hinkle            | 485 |
| 3. Art Cunningham        | 445 |
| 4. Reinhilde Geis        | 362 |
| 5. Len Geis              | 362 |
| 6. Christine Van Dornick | 361 |
| 7. Tom Wilson            | 345 |
| 8. Dave Van Dornick      | 296 |
| 9. Greg Konieczny        | 279 |
| 10. Bob Dominski         | 257 |
| 11. Ralph Salle          | 242 |
| 12. Kurt Schoenhoff      | 236 |
| 13. Vince Kelly          | 224 |
| 14. Earle Horwitz        | 186 |
| 15. Kris Sudrovech       | 170 |



## YAHOOOO!





# AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am 9:00 am on Tues April 1	Deerfield Bakery Ride	C	Deerfield Bakery	The bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N. of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the Bakery after the ride	25/Tues 35/Thurs	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Sunday March 16	10:00 am	St. Patrick's Day ride	C	Foglia YMCA	The Foglia YMCA is at 1025 Old McHenry Rd. in Lake Zurich. Take Rand Rd. (12) to Quentin Rd. go north to Old McHenry Rd. turn left go a 1/4 mile to the second light at Fairfield Rd., the Y is on the left.	21 & 26 w/cue Sheets & road markings	Dave and Chris Van Dornick 847-259-7917
Saturday March 22	10:00 am	Dave's west loop	A	Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott.	30	Dave and Chris Van Dornick 847-259-7917
Saturday March 29	9:30 am	Brite Spot Ride	A	Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott.	37	Dave and Chris Van Dornick 847-259-7917
Saturday April 5	9:30 am	The Ride to Elgin	A	The Pavilion in Elk Grove Village	Wellington and Beisterfield SW Corner	45	Greg Konieczny 847-398-4633
<b>Tuesday April 8</b> & Every Tue. for the season	6:30 pm	<b>Tuesday Night</b>	I	Recreation Park	Recreation Park is located in Arlington Heights at Miner & Douglas.	Varies	Call Karen Zmrhal to volunteer to lead one of these rides 847-397-1499
Saturday April 12	9:00 am	Schaumburg and Beyond Ride	A	Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott.	40	Dave and Chris Van Dornick 847-259-7917
Saturday April 19	9:00 am	The Algonquin Ride, a joint ride with the Mount Prospect club	I	Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott.	42	Greg Konieczny 847-398-4633
Saturday and Sunday April 26-27		<b>The Bike SWAP</b>		Pioneer Park	Pioneer Park is located in Arlington Heights at Grove and Fernandez <b>No Schedule Ride</b>		Call Al & Jeanie Gain to volunteer your services 847-392-1547
Saturday May 3	9:00 am	The Wheaton Ride	A	Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott.	50	Dave and Chris Van Dornick 847-259-7917
Saturday May 10	9:00 am	Nine Village Tour, a joint ride with the Mount Prospect club	I	Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott.	40+	TBA
Saturday May 17	9:00 am	Arlington 500 Pre Ride	C	Barrington High School	Take Northwest Hwy to Lake Cook Road, go west on Lake Cook to New Hart Rd. parking lot on right.	30, 54, & 68	Dave and Chris Van Dornick 847-259-7917
Sunday May 18		<b>Arlington 500</b>	C	Barrington High School	Take Northwest Hwy to Lake Cook Road, go west on Lake Cook to New Hart Rd. parking lot on right.	30, 54, & 68	Greg Konieczny 847-398-4633

Call AHBA Ride Hotline for updates/change 847-255-3468

A = Advanced (12-15 mph average)  
I = Intermediate (moderate pace)  
N = Newcomers (pace will depend on ability of participants)  
C = Choose your own pace

**Intermediate Rides Begin In May**, Ride leaders are needed . . . show us your favorite route or best lunch spot!!! Not sure . . . there are plenty of tried and true cue sheets available.

Call Nancy Wagner . . . 847-298-7069.

## Bonton Roulet

The club is doing a weeklong ride in the Finger Lakes area in New York called the Bonton Roulet. The ride is scheduled July 20 to 26. Base mileage is about 320 miles, there are options for more including a century. This ride is somewhat hilly but is advertised as having 25% fewer hills than last year. For more information visit their website at [www.bontonroulet.com](http://www.bontonroulet.com) or call 315-253-5304 607-756-2893



## RIDES OF A DIFFERENT FLAVOR

The third annual tour of local bike paths and touring trails kicks off on the first Wednesday of April. A unique ride features a different trail or combination of trails every week. All roadies are welcome to join in a Ride of a Different Flavor featuring scenery unmatched in our usual highway and byway rides.

Art Cunningham

### April Wednesday Chicago Area Bike Path/Trail Rides 2003

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
4/2	10:00	14/42	Salt Creek & M&I Canal Trails	Bemis Woods	South on I-294 to Ogden Ave., left (east) on Ogden 1/4 mi. to entrance on left	Paved path with connecting streets.
4/9	9:00	46	Fox River/ McHenry Prairie Trail	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path
4/16	10:30	37	Chicago Lake Front Path	Foster Ave Beach	East on Peterson off Edens, rt. on Ridge, bear rt. on Broadway to Foster, lft. under Lake Shore to 1st parking lot on lft.	Paved path
4/23	10:00	32	North Branch/ Botanic Garden	Skokie Lagoon Forest Preserve	East on Willow Rd. just east of Edens. (no access going south on Edens to Willow) entrance to left	Paved Path Botanic Garden optional (bring a bike lock)
4/30	9:00	42	Tinley Creek F. P. District Paths	Community Pk., Palos Hts.	So. I-294, E. I-55, So. US 45, E. IL 83 past IL 7, rt. 76th, park at pool lot on rt.	Paved path and connecting roads

### Eagle River Bicycle Ride

August 26, 27, and 28, 2003 Bicycle approximately 50 miles each day.

Stay at the Days Inn, Hwy 45, Eagle River, WI 54521. Make reservations for four (4) nights beginning Monday August 25, 2003. (Drive approx. 350 miles on Mon., bicycle on Tues., Wed., & Thurs., drive home on Fri.)

Make your reservations early! Call 715-479-5151 for reservations. To get the weekday group rates, identify yourself as being members of the Arlington Heights Bicycle Group. Rooms are set aside as (First Name: Arlington Heights) (Last Name: Bicycle Group) (Company: Arlington Heights Bicycle group). The rooms are non-smoking and the rate for either 1 or 2 people is:

Standard double (2 queen size beds) at \$59.20 + tax.

No other discounts apply. You may upgrade to the following rooms at the following price if they are available. These rooms have not been reserved.

1. Double Deluxe (2 queen beds, microwave & refrigerator) at \$64.20 + tax.
2. Single Deluxe (1 queen bed, 1 hide-a-bed, microwave, & refrigerator) at \$64.20 + tax.
3. Whirlpool Rooms (1 queen bed + Whirlpool) at \$69.20 + tax.

Cancellations may be made without penalty except during the last 24 hours prior to arrival.

Bicycles may be kept in rooms.

Days Inn serves a free continental breakfast and has an indoor swimming pool.

Please notify me if you plan on going. Include a telephone number and an email address if you have one.

Bob Hinkle

Telephone Number: 847-259-1423

Email Address: RLHINKLE2@AOL.COM

### Spring Forward

The Schaumburg Bicycle Club is having a spring invitational – SPRING FORWARD 2003 – on Sunday, April 6 – don't forget to turn your clocks forward!! The ride starts in Union, IL, west of Rt 20.

### The Chicago Bike Show

The Chicago bike show on March 21-23 at Navy Pier. Discount Tickets are available through the website, [www.chicagobikeshow.com](http://www.chicagobikeshow.com)  
The Show hours are 12-8 on Friday, 10-8 on Saturday, and 10-5 on Sunday.



Bob Hinkle

# Hinkle's Bicycle Guide For Finding Money

Continued from last month



## Sunny Days

You will usually have better luck finding coins on bright sunny days while riding towards the sun. The reflection of sunlight off the coins causes them to glisten making them easy to spot. However I found that I couldn't stop fast enough and over shot the coin. Coming back from the opposite direction with the sun to my back the coin didn't reflect the sunlight into my eyes. It was hard to find the coin.

The solution is to mark the approximate spot where the coin was seen. Then ride back just beyond the spot where the coin was and ride again towards the sun. Ride slow enough to stop when you see the coin.

## Cloudy Days

Any day you can get out and ride your bike is great. Some days are better riding days than others, and so it is with when looking for money. On cloudy days the coins don't glisten and are harder to see. Many times the round light-colored spots in the road that you may think are coins turn out to be drops of tar, paint, a bottle cap, or squashed chewing gum. However every once in a while one of the light-colored spots turns out to be money, so give light-colored spots a look as you go by.



## Where To Look

People drop money all over the place. I found coins in parking lots, on residential streets, on the shoulder on county highways, but usually not on bike paths<sup>1</sup>. Most of the coins I found were at stop signs and stop lights.

Instead of gawking at all the cars and other sights, take good look at the road. Most of the scuffed-up and or dirty coins found were at



busy intersections that had stoplights. Scuffed-up, dirty coins don't reflect light and usually take more time to locate. The longer it takes a stoplight to change the greater the chance to find a coin.

Stop even for a penny. You know what Ben Franklin said, "A penny saved is a penny earned." Once off the bike take a good look at the road I have found several other coins on numerous occasions when I stopped to pick up a penny.

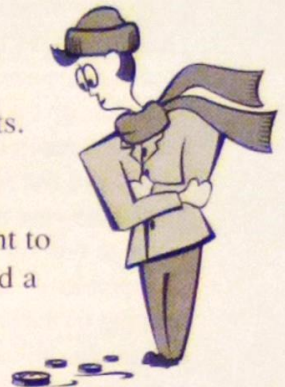
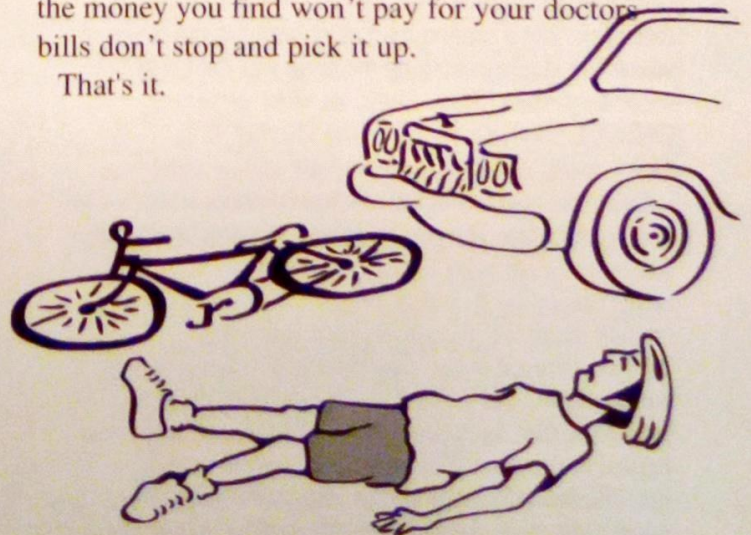


*1. A rider did hit the "mother load" and found \$16 along a bike path. It probably fell out of a bike bag when a rider stopped to fix a flat tire.*

## When Not To Stop

Sometimes it is best not to stop if you see money while riding. It is definitely not a good time to stop abruptly if you are hammering along the street with someone sucking your rear wheel. It is also not a good ideal to stop in the middle of a busy intersection. A simple rule to remember is that if the money you find won't pay for your doctors bills don't stop and pick it up.

That's it.





## New Club Jersey, the test results are in

I recently fielded-tested our new club jersey in Florida. I have found our new club jerseys to be a great improvement over the old yellow one that has the horseshoe on the back. In previous years the drivers that I encountered in Florida thought that horseshoe was a bull's-eye and aimed their cars right at me. They often gave me "friendly advise" as to where to ride my bicycle. This year I had no such problems. The Arlington Bike Club lettering on the back was still conspicuous enough that an owner of a bike shop that I stopped at noticed it and commented that he was originally from Wheaton, IL. However don't expect a 10 per cent discount at a bike shop for being an Arlington Club member in Florida.

The jersey was comfortable against my skin and

wicked away the sweat. The inside of the zipper on of the old yellow jersey would rub against my skin causing an annoying sensation. There was no such problem with the new club jersey. The extra length of the zipper made it easier to put on and to take off.

By Bob Hinkle

### *You can get your own club jersey*

Club Jerseys have been distributed to nearly everyone who ordered a jersey. The club ordered a few extra jerseys. They will be available for sale at the March and the April club meetings for \$45. If you ordered a jersey and have not picked it up yet, it also will be available at the club meetings in March and April. For questions or to purchase a jersey, call Gary Gilbert at (847) 577-4275 or via email at [gary.gilbert@attbi.com](mailto:gary.gilbert@attbi.com)



## Travel Tip

By Bob Hinkle

When I go on vacation my bicycle usually goes with me. I found that having a map of the area that I'm visiting makes my bike riding more enjoyable. The maps may not indicate if the roads are rideable or not. Sometimes the roads that I chose carried too much traffic or were gravel or sand. But from a detailed map I can see where the roads go and how they connect with one another and come up with a short loop to ride.

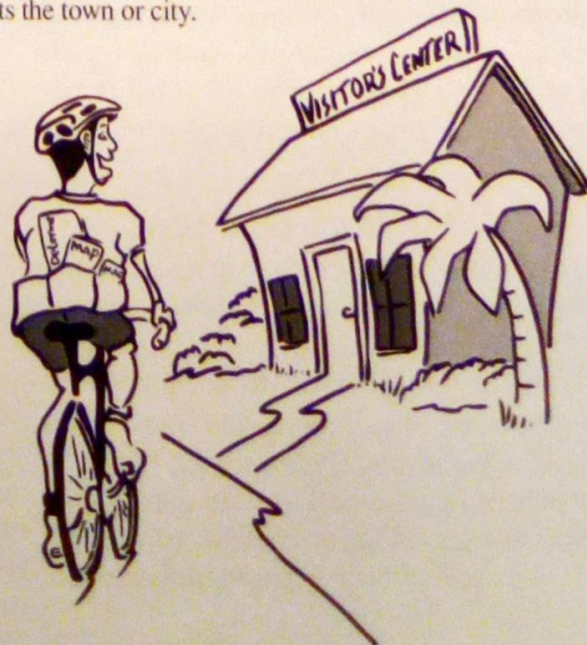
I use DeLorme Street Atlas program on my computer and print out a detailed map showing and naming all the streets within a five-mile radius of where I'm staying. I then print out a second map extending out farther from where I'm staying showing the names of the major and secondary roads. Since I have an older version of DeLorme I sometimes go on the Internet to ([www.mapquest.com](http://www.mapquest.com)) and use their updated maps.

DeLorme also has detailed maps of entire states for sell in a bound atlas. You can buy these at many bookstores. These maps are good a reference for roads outside of towns and cities. In towns and cities the maps don't show enough detail and the streets are not labeled.

I have stopped at the visitor's center when entering various states and found bicycle maps for different regions of that state. Sometimes I had to ask the person behind the counter if they had any bicycle related information. Also pick up the pamphlets for the city, which you are visiting. Many times they contain useful maps and points of interest, which could make for interesting cycling destination.

Also stopped at chamber of commerce's, city halls, and real estate offices for maps and biking information. I have had mixed results at these places. I encountered numerous bicycle lanes while riding in Kissimmee, FL in February. When I stopped at their chamber of commerce office to get a map of their bicycle lanes, all they could give me was a map of their physical fitness path along their lakefront. However I was able to make a nice ride out of just following the bike lanes and off road bike paths that I by chance encountered.

Another source for maps of an area is the telephone book. The maps in the telephone books usually are detailed showing all the streets and their names in a town or city. However the maps normally don't cover the areas outs the town or city.





John Amling

## Biking "Inside the Beltway"

Local, Regional & National Bicycle Legislation

The Illinois legislative action to correct the horrific "Boub" decision is starting to resurface. The Civil Law Committee passed House bill 1248 on February 20th. Our own area Rep Sidney Mathias (House 53rd) is on that committee and broke ranks with most of his fellow Republicans and voted in favor of passage. It would be great if all of you would take a moment right now and send him a thank you. You can do this via the Illinois General Assembly mentioned at the bottom of this piece.

Even though, this is supposed to be about government (non)involvement in cycling, I just thought I'd throw in a piece of information I ran across as another incentive for the more attractive riders out there. Seems, the scientists at the German Cancer Research Center in Heidelberg have done a study that showed a link between a reduction in breast cancer and an increase in cycling. A reduction in the occurrence of breast cancer was shown with as little as 3 hours a week of moderately intense cycling. So ladies, get out there and pedal more! While you're at it, why not do your significant other a favor and get them to chase you on their bike!!

Another non-government piece of information is the upcoming Bike Month. The Bicycle Advisory Commission is planning a series of events through the month of May that we could use some help on. The 2 that we need the most help on are "Beginner Rides" scheduled for the afternoons of 5/11 & 6/1 and help teaching new cyclists how to use there bikes at the 2 town



bike shops every Saturday from about 10 to 3 during May. If you could spare some time to help out with either of these events, give a call (847-392-6588) or email (jabikes@aol.com) with the event and time you could help.

This is going to be a short one this month as I've been pretty busy with the bike race (any volunteers out there?!) coming up in the fall and I HAVE TO GET OUT OF THIS COLD WEATHER (I have even grown to really dislike my computrainer which I used to kind of like!) and go south for some warmth. Til next month –

Last of all, my monthly reminder to get involved! The easiest ways to get in touch with your representatives is through the web. You can contact your state representatives through [www.legis.state.il.us](http://www.legis.state.il.us) and your Washington representatives through [www.senate.gov](http://www.senate.gov) or [www.house.gov](http://www.house.gov). These websites are also a great source of information about what's going on in the legislature. Just mark them as "favorite places" and it's easy to check on what's going on. If each of us takes just a couple minutes a month to let them know we're watching them, we could really make a difference!



# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ email \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone: \_\_\_\_\_

In signing this release for myself and/or all named participants under the age of 18, I understand that the Arlington Heights Bicycle Association officers and members are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. For myself and/or said minor, my (and minor's) heirs and assignees, I here by waive all claims for, forever discharge and release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned arranged sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

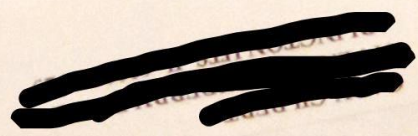
\_\_\_\_\_

Membership for both Individuals and Families = \$10.

Family Members under 18 yrs. \_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_

Make check payable to Arlington Heights Bicycle Association  
Mail to: Cecily Rood  
505 Kings bury Dr.  
Arlington Heights, IL 60004-2450

600042450 05 1025 1025 05



Arlington Heights Bicycle Association  
500 E. Miner Street  
Arlington Heights, IL 60004



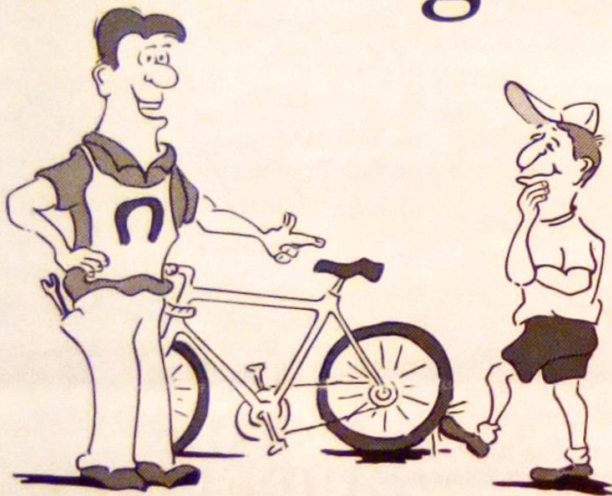


# THE SPOKEN WORD

MAY 2003

VOLUME 32, NUMBER 4

## Time to get out and Swap



Have you called Al & Jeanne Gain to volunteer your time and talents at our annual Bike Swap? We need EVERYONE and that includes you! There is a job for everyone and remember you get doughnuts for breakfast, Chris & Dave's famous scrumptious lunches, and pizza after the cleanup on Sunday!

**Bicycle Swap 2003** will be on Saturday April 26 and Sunday April 27 from 10:00 to 4:00 at Pioneer Park, 500 S. Ferandez, Arlington Heights.

Recycle the Bicycles you have out grown. Look for new one for the kids or yourself.

**Seller:** Bicycles can be dropped off Saturday 9:00 am to 2:00 pm and Sunday 10:00 to 12:00. It gets tagged with your price. You need not stay with the bike, however, you must pick up the bike or the money before 4:00pm on Sunday.

**Buyer:** Sale hours are between 10:00 am and 4:00 pm both days.

**Cash Only**, no checks, no credit cards

Pioneer Park is located between Northwest Hwy and Kirchoff Road, 9 blocks west of Arlington Heights Road in Arlington Heights.

For information call 847-255-3468

See flier with map on page 4

### Pertinent Paragraphs from the Presidents

Fellow AHBA members:

Your club officers encourage you to share your ideas at the monthly board and business meetings on the 4th Wednesday of each month (except June, August, and December) at Recreation Park. The July meeting is usually a picnic, and the November meeting is the banquet. We need your ideas concerning club activities. Do you have an idea for a ride destination? What kind of social events would you like? Would you like to see the bank statement? Do you have program ideas? Do you have ideas concerning the ride schedule? You may be interested in some of the fliers and magazines. We get newsletters from other clubs;

maybe you would like to find out what they are doing.

April Program: Richard Kuhlman will discuss and show slides of a bicycle trip to Ireland.

**SPECIAL NOTE:** Karl Jester and Jan McCandless always bring great goodies.

The deadline for paying the 2003 dues (\$10 per family) is March 31, 2003.

A word of advice on this riding season's beginning: be courteous to other users of the road **EVEN IF IT SEEMS INAPPROPRIATE**. Bicycle riders have practically no survival chances against unstable or impaired car, truck, or bus drivers. A trip to the emergency ward could ruin a beautiful day.

Karen Zmrhal and Roy Euclide



**Presidents**

Karen Zmrhal  
 kz2000@attbi.com  
 kz2000@eudoramail.com  
 847-397-1499  
 Roy Euclide  
 847-437-0442

**Vice Presidents**

Dave & Chris Van Dornick  
 847-259-7917

**Secretary**

Barb Swasas  
 630-628-6267  
 powerbarb@screaminet.com

**Treasurer**

Ron McPheron  
 847-824-5091

**Meeting Program**

Roy Euclide  
 847-437-0442

**Refreshments**

Jan McCandless  
 847-680-1729  
 Carl Jester

**Membership**

Cecily Rood  
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Tom Wilson  
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**Newsletter Mailing**

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**Bike Swap**

Al & Jeanie Gain  
 847-392-1547

**Arlington 500**

Greg Konieczny  
 konie@mindspring.com  
 847-398-4633

**Web Site**

Cindy Trent  
 ctrent@dist214.k12.il.us  
 847-392-6750

**AHBA Ride Hotline**

847-255-3468

**Web Address**

<http://www.geocities.com/colosseum/midfield/2543>

## Next Membership Meeting

### April 23, 2003

There will be a Board Meeting at 6:30 pm before the Membership Meeting.

The Membership Meeting will begin at 7:30 pm.

All are welcome!

The meeting will be at Recreation Park in Arlington Heights

## NEW Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Send or email your information, ride stories, photos (with captions) and articles to me by the 10<sup>th</sup> of the **preceding** month.

Tom Wilson  
 105 N. Elmhurst Ave.  
 Mt. Prospect, IL 60056  
 tomwilson@wideopenwest.com

Summer is just around the corner and with summer comes increased usage in our parks. The Arlington Heights Park District want to remind residents that all parks close at 11:00 p.m. Please take time to remind your family member and neighbors. The Arlington Heights Police Department is enforcing the Village's curfew laws, which apply to anyone 16 years of age and under. Curfew: Sunday through Thursday - 11:00p.m.; Friday and Saturday - Midnight.

Roger Key, Executive Director  
 Arlington Heights Park District

## 2003 AHBA Top Mileage Riders

The top 15 in mileage as of 3-31-03

1. Mitch Polonsky	550
2. Bob Hinkle	549
3. Art Cunningham	478
4. Christine Van Dornick	460
5. David Van Dornick	395
6. Reinilde Geis	362
7. Len Geis	362
8. Tom Wilson	345
9. Greg Konieczny	310
10. Ralph Salle	308
11. Vince Kelley	288
12. Kris Sudrovehc	269
13. Bob Dominsky	257
14. Earle Horwitz	250
15. Kurt Schoenhoff	236

Note: March ride in Florida has not been included in these totals

## RIDE GUIDELINES

We have rides that offer a variety of destination and speeds to accommodate almost everyone. To make our rides as pleasurable as possible for everyone, we ask that you PLEASE pick a ride that has an appropriate distance and speed for you and your fitness level. The advanced group rides 15+ MPH - which means they will ride 50-60-70+ miles at an average speed of 15+ MPH. We offer Tuesday night rides and Jim Shoemaker's Sunday morning rides to those who like to smell the roses and wish to ride less than 12 MPH. Please do not ask to ride with a group if they are going to have to wait for you. Please do yourself and everyone else a favor and ride with the appropriate group for speed and mileage. Thank you.

Karen Zmrhal, Presidents



# AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am 9:00 am on Tues April 1	Deerfield Bakery Ride	C	Deerfield Bakery	The bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N. of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the Bakery after the ride	25/Tues 35/Thurs	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Every Tue. for the season	6:30 pm	<b>Tuesday Night</b>	I	Recreation Park	Recreation Park is located in Arlington Heights at Miner & Douglas.	Varies	Call Karen Zmrhal to volunteer to lead one of these rides 847-397-1499
Saturday April 19	9:00 am	The Algonquin Ride, a joint ride with the Mount Prospect club	I	Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott.	42	Greg Konieczny 847-398-4633
Saturday and Sunday April 26-27		<b>The Bike SWAP</b>		Pioneer Park	Pioneer Park is located in Arlington Heights at Grove and Fernandez <b>No Scheduled Ride</b>		Call Al & Jeanie Gain to volunteer your services 847-392-1547
Saturday May 3	9:00 am	The Wheaton Ride	A	Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott.	50	Dave and Chris Van Dornick 847-259-7917
Saturday May 10	9:00 am	Nine Village Tour, a joint ride with the Mount Prospect club	I	Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott.	40+	TBA
Saturday May 17	9:00 am	Arlington 500 Pre Ride	C	Barrington High School	Take Northwest Hwy to Lake Cook Road, go west on Lake Cook to New Hart Rd, parking lot on right.	30, 54, & 68	Dave and Chris Van Dornick 847-259-7917
Sunday May 18		<b>Arlington 500</b>		Barrington High School	Take Northwest Hwy to Lake Cook Road, go west on Lake Cook to New Hart Rd, parking lot on right.	30, 54, & 68	Greg Konieczny 847-398-4633
Saturday May 24	9:00 am	Blackhawk Stateline 60	C	Rockton IL	Invitational Ride, great scenery, Good food	38/68	
Saturday May 31	8:30 am	The Crystal Lake Ride		Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott. Some Hills	68	TBA
Saturday June 7		Kettle Moraine Ride	A	LaGrange, WI	Some hills Great scenery	31/52	TBA
Saturday June 14	8:15 am 9:00 am	Botanic Garden Ride		Rec Park <sup>2</sup> (63) Beck's Lake F.P. (47)	Take time to walk among the flowers, Lunch in Highland Park	47/63	TBA
Saturday June 21	8:30 am	Rawson Bridge Ride	A	Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott. Lunch at Broken Oar	50/55	TBA

**Call AHBA Ride Hotline for updates/change 847-255-3468**

A = Advanced (12-15 mph average)  
I = Intermediate (moderate pace)  
N = Newcomers (pace will depend on ability of participants)  
C = Choose your own pace

<sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.

<sup>2</sup> Recreation Park is located in Arlington Heights at Miner & Douglas.

<sup>3</sup> Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District

## Changes to AHBA bylaws.

In the goal section, change safety statement to "to promote safe cycling habits as the club rides and encourages community events and to strongly encourage all cyclists to wear helmets".

In the section where the officers positions are described, " The officers of the club shall be a minimum of four persons to serve the club in the positions of president, vice-president, secretary, and treasurer. More than one person may occupy any of the positions during a time as necessary to meet the needs of this organization".

These statements are being proposed as changes to the bylaws. Your comments are greatly appreciated. Please contact any of the club officers to offer any comments or questions. They will be discussed at the April meeting.



## RIDES OF A DIFFERENT FLAVOR

The bike paths/trails on the May Schedule include some with packed crushed limestone surfaces. I generally use my hybrid bike on these trails but many are smooth, hard and well maintained and suitable for narrow tired road or touring bikes. At worst one may have to dismount and walk across an area where there has been water erosion or the surface isn't packed because of fresh repairs. These are rated \*\*\*, **approved for narrow tires** although narrow tires lose the advantage that they have on smooth pavement. Other trails where rougher, less packed surfaces are more likely to be encountered are rated \*\*, **wide tires recommended**. The less developed trails or those where the condition is not known are rated \*, **wide tires required**. Let me emphasize that all trails are well developed, no off road conditions. Of course road bikes are well suited for paved trails.

Art Cunningham

### May Wednesday Chicago Area Bike Path/Trail Rides 2003

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
5/2	9:00	46	Long Prairie Trail (Boone Co.)	East Trail Head, near Chemung, IL	North on Rt. 14 to Rt. 173, lft. 4 1/2 mi to County Line Rd., rt. 1/2 mi. to parking lot on the lft.	Paved, packed crushed stone ***
5/9	9:00	50/30 loops	Medley of Trails - Deer Grove Woods to Arlington Lake	Nichols Hill Golf Course	From Dundee Rd. turn north on Kennicott to end, 1st lot on left, bottom of hill.	Packed crushed stone and paved paths, short unimproved trail / roads **
5/16	9:00	42 partial loop	E. Great Western Tr./E. Prairie Path	Kline Farm, Winfield	From North Ave, lft. (s) at Country Farm Rd., 1/2 mi., lot on right	Packed crushed stone, some paved ***
5/23	9:00	32/54	North Channel/ Green Bay/ N. Shore Paths	Turnbull Woods Forest Preserve	Lake Cook Rd., turn rt. on Green Bay Rd., 0.2 mi. to lot on lft.	Paved, some packed crushed stone. ***
5/30	9:00	42	Lake Co. Des Plaines River Tr. South Segment	Half Day Forest Preserve	Off Milwaukee Ave. 1 mi. north of Rt. 22. Entrance on east side, park in 1st lot to rt.	Packed crushed stone. ***

\$ Cash Only \$

\$ Cash Only \$

## BICYCLE SWAP 2003

### PIONEER PARK

Saturday April 26 & Sunday April 27  
10:00 - 4:00

Recycle the Bicycles you have outgrown.  
Look for a new one for the kids or yourself.

**Seller:** Bicycles can be dropped off Saturday 9:00 a.m.-2:00 p.m. & Sunday 10:00-12:00. It gets tagged with your price. You need not stay with the bike, however, you must pick up the bike or the money before 4:00 p.m. on Sunday.

**Buyer:** Sale hours are between 10:00 a.m. and 4:00 p.m. both days. No Sales before 10:00 a.m.



Pioneer Park Tennis Courts

500 S Fernandez  
Arlington Heights IL



23rd Annual Swap

Arlington Heights Bicycle Association  
for information: 847-255-3468

No checks  
\$ CASH ONLY \$ No credit cards \$ CASH ONLY \$

## Bicycle Rodeo

The Arlington Heights Bicycle Advisory Commission has again been asked to put on a Bicycle Rodeo by Ivy Hill School. The rodeo is scheduled to take place on Wednesday, May 14th at the school. We need to be there by 2:30 to start setting up. Those who helped out last year will remember this as a very successful event with about 450 kids taking part. Once again, we are looking to the Bike Association membership for help. Anyone who could lend a hand from about 2:30 to 5ish, please give me (John Amling) a shout at 847-392-6588 or [jabikes@attbi.com](mailto:jabikes@attbi.com). Thanks!



## INTERMEDIATE RIDE SCHEDULE

Date	Time	Ride Leader Phone#	Starting Point	Miles	Description
Saturday May 3	9:00 am	Paula Matzek 847-368-4920	Frontier Park	30	First official 2003 Intermediate Ride School Daze As Paula dreams of summer break, she guides us on a tour of schools in the area.
Saturday May 10	9:00 am	Karen Zmrhal 847-397-1499	Frontier Park	25-30	Time to get back on that bike. Karen will lead us thru the NW suburbs
Saturday May 17			Barrington High School	30, 54, & 68	Arlington 500 Pre ride
Saturday May 24	9:00 am	TBA	Frontier Park		Show N Go Ride Leader to be announced (check the ride line or website for info)
<b>Monday</b> May 26	9:00 am	Karen Zmrhal 847-397-1499	Deerfield Bakery	30-35	An extra ride for the holiday. Karen leads us to Lake Forest
Saturday May 31	9:00 am	Dianne Ghertner 708-524-1963	Frontier Park	30+	Millie's Pancake House, Itasca. Great ride, great food stop for pancakes!!!
Saturday June 7	9:00 am	Bana 847-459-4921	My house. 732 Plumtree Court, Wheeling	40	To : Langs in Algonquin for breakfast/brunch/lunch Cake & ice cream to be served at my house after the ride. (call for directions if needed - 847-459-4921)
Saturday June 14	9:00 am	Tom Drabant 847-394-9845	Tom's Choice	30-35	Undecided at print time, Tom's rides always have a great lunch stop
Saturday June 21	9:00 am	Lee Venet 847-808-8565	Potawatami Forest Preserve On Dundee Rd 1/4 mi east of Milwaukee Av in Wheeling	40	Joint ride with the Bicycle Club of Lake County. Lee's taking us in a new direction. A scenic tour heading to Lake Michigan. See where Kevin was left Home Alone, Baha'I Temple, Ed Rudolph Velodrome, food and more.

## NEWCOMERS RIDE SCHEDULE

Date	Ride Name	Time	Starting Point	Miles	Leader	Phone#	Etc.
Sunday May 4	Newcomers +	10:00 am	Frontier Park	12-15	Shoe	847-910-8640	Helmets
Saturday May 17	Newcomers +	10:00 am	Frontier Park	12-15	Shoe	847-910-8640	Helmets
Saturday June 1	Newcomers +	10:00 am	Frontier Park	12-15	Shoe	847-910-8640	Helmets
Saturday June 15	Newcomers +	10:00 am	Frontier Park	12-15+	Shoe	847-910-8640	Helmets
Saturday June 29	Newcomers +	10:00 am	Frontier Park	12-15+	Shoe	847-910-8640	Helmets

Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.

**Call AHBA Ride Hotline for updates/change 847-255-3468**

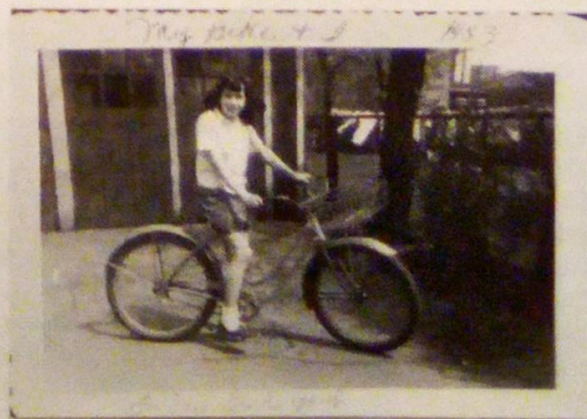
Bring: Water, Extra Tube, Pump, Tire Levers

Bike will be safety checked

Sun glasses or safety glasses

### Who's This Newcomer?

This young lady was active in the Newcomer's rides in 1953. Take a close look at that bike and those long legs. Let's see what kind of detectives or historians we have in the club. Email Tom Wilson with your guess. [tomwilson@wideopenwest.com](mailto:tomwilson@wideopenwest.com)





# The Great Florida Cycling Adventure

Once upon a time, two adventurers, Jan and Nancy, decided to leave the safety of their homes and travel to a land far, far away. Setting off in the dark of night they started their journey before the great mass of cars began to congregate on the road of tolls. The departure from the land of cold air and wet sky led them through the Grayland, to the hills filled with trucks and beyond. Arriving just in time to bypass Atlanta during the hour of "rush" but they knew, in Atlanta "the hour of non-rush" is much the same. Finally they rested overnight near the pastures that grow roads signs, the land known as Georgia. Early the next morning without delay they started their final trek to the great flat land of many trees, Florida. They have been told they will be able to feel warm air and see the sun and blue sky. Upon arriving, many happy cyclists joined from throughout America, where they waited together until it was time to be transported to "Tent City." There was joy and glee to find riders who were already known to the adventurers, the great Midwest leaders, the Reclining Dick Marr and the Master of Wisconsin Routes, Jerry Goldman.

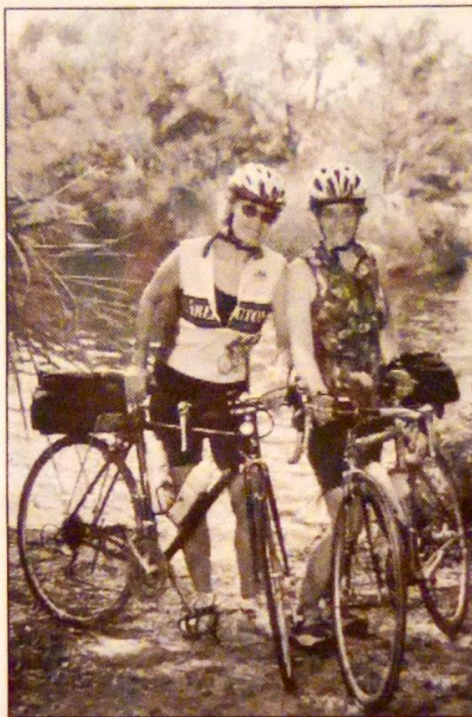
The first day of riding found gray skies but luckily no cold air or wet sky. On following days the great

troupe of hundreds continued south. The clouds opened and blue sky was seen and the air was warmed for the adventurers for the first time in the year of 2003. Everyone was happy; everyone was making many new friends and was enjoying the riding of their cycles. Along many roads the sights are worth seeing, beautiful, historic . . . scenic. Old friends from the Midwest including the Great 10,000 Mile Rider Art Cunningham and fellow Riders of Wheeling, Bob and Don, were found among the throngs. In each

village food was plentiful, including famous flying "Chris' Cakes." Entertainment filled the evenings with musicians, shows of talent and many tellers of cycling stories.

It was the final day of riding that wet sky was encountered. The air was warm and nary a cyclist complained. For all cyclists knew after that day they would return to their land of origin. A great thanks was given by the adventurers for after 327 miles no problems with flat-bottomed tires or bumping bicycles had occurred between them. Except for the field of mosquitoes where Adventurer Nancy took the bites for all riders, problems were few.

At the ride conclusion Jan, the Driving Maniac, returned the adventurers safely to the land of cold air and wet sky.



Jan McCandless and Nancy Wagner, aka The Biker Babes

## Bike Virginia

**June 21st -25th, 2003**

Several Arlington and Wheeling Bike Club members are going to ride Bike Virginia this year. Starting in Winchester, VA and looping into W. Virginia and Maryland this ride will be going through some beautiful riding country, rich in Civil War History. You can camp indoors (gym floor / dorm), outdoors (tent) or motel it. There are all kinds of options. Basic cost is \$195. There is a discount for groups of 6 or more. Check out the Bike Virginia website at [www.bikevirginia.org](http://www.bikevirginia.org).

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## BIKE THE DRIVE 2003

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For more information see [www.BikeTheDrive.org](http://www.BikeTheDrive.org)



John Amling

# Biking "Inside the Beltway"

## Local, Regional & National Bicycle Legislation

### The 2003 National Bike Summit was held March 5th to 7th in Washington, DC.

It was attended by almost 400 cyclists from 47 states and the Bikes Belong Coalition (sponsor of the event) rated it "a resounding success". Participants met with almost 400 Senators and Representatives and their staffs to discuss cycling issues. Among them were the reauthorization of TEA-21, the Bicycle Commuter Act, Safe Routes to Schools and the Conserve By Bike Act. Attendance this year grew by over 45% from 2002 and included Greg Lemond, Linda Armstrong Kelly (Lance's mother), and John Burke (President of Trek & Bikes Belong)

Some of you with memories that are too good for your own well being may remember the Bicycle Commuter Act in its previous life. This resolution went into the House Ways and Means Committee (with 59 Cosponsors!) on March 28, 2001 and never saw the light of day again. It was reintroduced as HR1052 on March 4th of this year and is back in the same committee. As before, the purpose of the bill is to amend the tax code to allow for tax-exempt employee reimbursements for bicycle commuting. Once again, our own Philip Crane is on that committee and could use some prodding from his constituents to get this resolution moving. The only positive to the delay in action on this resolution is that the monthly reimbursement cap has been bumped from \$60 to \$75!!

Senator Durbin has authored a Senate resolution to set up a "Conserve By Bicycling Program". This program would be under the jurisdiction of the Department of Transportation

and would be focused on the goal of conserving energy by encouraging bicycle usage in place of motor vehicles. It would start with 10 pilot programs set up across the country. Within 2 years, these programs would be evaluated for their effectiveness and usefulness for other parts of the country. Funding stated in the resolution would be to the tune of \$6.2M with a 20%

state/local match required. I think an "attaboy" letter to Senator Durbin might be in order here!

A somewhat curious item is that the New Mexico State Legislature is considering a bill that would make helmets mandatory for all bicycle

riders. Yes, you read that right – ALL RIDERS!! Not just the old "don't do as I do, do as I say" kids only law that seems to be so popular (after all kids can't vote!). I'll keep a check on this one and let you know if it goes anywhere. Anyone out there want to place any bets on this bill passing in its present form?!

Well, that's about it for this month. Just my reminder to get involved! The easiest ways to get in touch with your representatives is through the web. You can contact your state representatives through [www.legis.state.il.us](http://www.legis.state.il.us) and your Washington representatives through [www.senate.gov](http://www.senate.gov) or [www.house.gov](http://www.house.gov). These websites are also a great source of information about what's going on in the legislature. Just mark them as "favorite places" and it's easy to check on what's going on. If each of us takes just a couple minutes a month to let them know we're watching them, we could really make a difference!





# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ email \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone: \_\_\_\_\_

In signing this release for myself and/or all named participants under the age of 18, I understand that the Arlington Heights Bicycle Association officers and members are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. For myself and/or said minor, my (and minor's) heirs and assignees, I here by waive all claims for, forever discharge and release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned arranged sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

Membership for both Individuals and Families = \$10.

Family Members under 18 yrs. \_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_

Make check payable to Arlington Heights Bicycle Association  
Mail to: Cecily Rood  
505 Kings bury Dr,  
Arlington Heights, IL 60004-2450

60004+1523



Arlington Heights Bicycle Association  
500 E. Miner Street  
Arlington Heights, IL 60004





# THE SPOKEN WORD

JUNE 2003

VOLUME 32, NUMBER 5

## Pertinent Paragraphs from the Presidents

A giant **Thank You** to Al and Jeanie Gain for another SUPERB Bike Swap this year. They did an outstanding job, as always, adding tent awnings creatively held in place by 1 gallon jugs filled with water!! What a team. Year after year Al & Jeanne spend many hours getting ready by ordering Swap flyers, talking to the Arlington Heights Police Dept, the Arlington Heights Park District, renting a truck, picking up bike racks, taking them all back. This year they really outdid themselves by talking to the weatherman!. We really have an amazing bike club whose members are always there when needed for a task at hand. THANK YOU to Chris & Dave for the lunches both days and the pizza was great at Barnaby's after everyone finished cleaning up at the Swap. THANK YOU to all of our club members who volunteered their time to help make the Swap such a success!!

At our April Club meeting we were treated to an evening tour through Ireland with no effort or exertion on our part. Beautiful slides of Ireland's luscious green landscape, beautiful views, and both ruins and restored castles were part of the presentation, as well as on ongoing narration during the slide show.



*Di, Don and Tom enjoy the great weather at the Swap*

Our season is still very young with LOTS of activities yet to come. Do you have your calendars marked for the picnic, the Milwaukee ride and the planned multi day ride events?

Due to the outstanding success of Bike the Drive last year, it is returning for a 2nd year. Just imagine traveling down Lake Shore Drive while breathing in fresh air instead of exhaust, and being able to enjoy the beautiful views. Bike the Drive offers a unique opportunity to enjoy the Chicago skyline as Mayor Daley is again completely closing down Lake Shore Drive to cars and opening it only to bikes for a few hours on June 15, 2000. The Ride, sponsored by the Chicago Bicycle Federation, starts at Grant Park with a choice of either a 15 or 30 mile ride with a Festival afterwards with music, vendors, food, and more. For more details go to [biketraffic.org](http://biketraffic.org) and click on the link to the ride.

The deadline for paying the 2001 dues (\$10 per individual or family) was March 31, 2003. This may be the last newsletter you receive if your dues are not paid.

We will decide at the May meeting, after the Bike Swap and the Arlington 500, how much money will be donated to the various organizations of interest to our club.

Don't forget to check the ride schedule inside each newsletter, the website (on page 2), or the ride hotline

See **Remember** on Page 2

*Dave and Deb check out all the bikes*





<p><b>Presidents</b>                  Karen Zmrhal                  kz2000@atbi.com                  kz2000@eudoramail.com                  847-397-1499                  Roy Euclide                  847-437-0442</p>
<p><b>Vice Presidents</b>                  Dave &amp; Chris Van Dornick                  847-259-7917</p>
<p><b>Secretary</b>                  Barb Swasas                  630-628-6267                  powerbarb@screaminet.com</p>
<p><b>Treasurer</b>                  Ron McPheron                  847-824-5091</p>
<p><b>Meeting Program</b>                  Roy Euclide                  847-437-0442</p>
<p><b>Refreshments</b>                  Jan McCandless                  847-680-1729                  Carl Jester</p>
<p><b>Membership</b>                  Cecily Rood                  847-398-7448</p>
<p><b>Newsletter Editor</b>                  Tom Wilson                  tomwilson@wideopenwest.com                  847-632-1412</p>
<p><b>Newsletter Mailing</b>                  Jim Shoemaker                  injims@msn.com                  847-910-8640</p>
<p><b>Bike Swap</b>                  Al &amp; Jeanie Gain                  847-392-1547</p>
<p><b>Arlington 500</b>                  Greg Konieczny                  konie@mindspring.com                  847-398-4633</p>
<p><b>Web Site</b>                  Cindy Trent                  ctrent@dist214.k12.il.us                  847-392-6750</p>
<p><b>AHBA Ride Hotline</b>                  847-255-3468</p>
<p><b>Web Address</b>                  http://www.geocities.com/                  colosseum/midfield/2543</p>

## Next Membership Meeting

### May 28, 2003

There will be a Board Meeting at 6:30 pm before the Membership Meeting.

The Membership Meeting will begin at 7:30 pm.

All are welcome!

The meeting will be at Recreation Park in Arlington Heights

## NEW Newsletter Policy

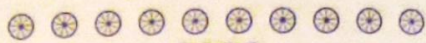
If you have any information for or about the club, I would love to hear from you. Send or email your information, ride stories, photos (with captions) and articles to me by the 10<sup>th</sup> of the **preceding** month.

Tom Wilson  
 105 N. Elmhurst Ave.  
 Mt. Prospect, IL 60056  
 tomwilson@wideopenwest.com

*Continued from page 1*

**Remember** we offer beginner rides of 10-15 miles at a very leisurely pace, intermediate rides of 25-40 miles at 12-14 MPH, and advanced rides for 40-??? Miles at 15+ MPH. Tuesday evenings we offer leisurely, social rides beginning at 6:30 from Recreation Park in downtown Arlington Heights. Newcomer rides are offered many Sundays at 10:00 AM leaving from Frontier Park. And remember the trail rides on Wednesdays, and the Deerfield Bakery rides on Tuesdays and Thursdays at 9:00 AM sharp. Please choose the ride that best fits your riding ability.

We are always in need of ride leaders on Tuesday nights. Please call Karen Zmrhal at 847-397-1499 to sign up to lead a Tuesday night ride.

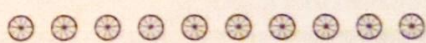


## 2003 AHBA Top Mileage Riders

The top 15 in mileage as of 3-31-03

1. Mitch Polonsky	550
2. Bob Hinkle	549
3. Art Cunningham	478
4. Christine Van Dornick	460
5. David Van Dornick	395
6. Reinhilde Geis	362
7. Len Geis	362
8. Tom Wilson	345
9. Greg Konieczny	310
10. Ralph Salle	308
11. Vince Kelley	288
12. Kris Sudrovech	269
13. Bob Dominsky	257
14. Earle Horwitz	250
15. Kurt Schoenhoff	236

Note: March ride in Florida has not been included in these totals



## Track Your Miles and Compare

[www.bikejournal.com](http://www.bikejournal.com) is a free site for all types of cyclists to track their miles, avg speed, etc. and compare it with other riders, or against their personal goals. Please take a look - there is a visitor's link on the main page to catch a glimpse of the format.

HAPPY BIKING THIS SUMMER!

Karen Zmrhal and Roy Euclide



# AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am 9:00 am on Tues April 1	Deerfield Bakery Ride	C	Deerfield Bakery	The bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N. of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the Bakery after the ride	25/Tues 35/Thurs	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Every Tue. for the season	6:30 pm	Tuesday Night	I	Recreation Park	Recreation Park is located in Arlington Heights at Miner & Douglas.	Varies	Call Karen Zmrhal to volunteer to lead one of these rides 847-397-1499
Saturday May 24	9:00 am	Blackhawk Stateline 60	C	Rockton IL	Invitational Ride, great scenery, Good food	38/68	
Saturday May 31	8:30 am	The Crystal Lake Ride		Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott. Some Hills	68	TBA
Saturday June 7		Kettle Morraine Ride	A	LaGrange, WI	Some hills Great scenery	31/52	TBA
Saturday June 14	8:15 am 9:00 am	Botanic Garden Ride		Rec Park <sup>2</sup> (63) Beck's Lake F.P. (47)	Take time to walk among the flowers, Lunch in Highland Park	47/63	TBA
Saturday June 21	8:30 am	Rawson Bridge Ride	A	Frontier Park	Frontier Park is located at Palatine Rd. & Kennicott. Lunch at Broken Oar	50/55	TBA

Call AHBA Ride Hotline for updates/change 847-255-3468

A = Advanced (12-15 mph average)

I = Intermediate (moderate pace)

N = Newcomers (pace will depend on ability of participants)

C = Choose your own pace

<sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.

<sup>2</sup> Recreation Park is located in Arlington Heights at Miner & Douglas.

<sup>3</sup> Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District

# INTERMEDIATE RIDE SCHEDULE

Date	Time	Ride Leader Phone#	Starting Point	Miles	Description
Saturday May 24	9:00 am	TBA	Frontier Park		Show N Go Ride Leader to be announced (check the ride line or website for info)
Monday May 26	9:00 am	Karen Zmrhal 847-397-1499	Deerfield Bakery	30-35	An extra ride for the holiday. Karen leads us to Lake Forest
Saturday May 31	9:00 am	Dianne Gbertner 708-524-1963	Frontier Park	30+	Millie's Pancake House, Itasca. Great ride, great food stop for pancakes!!!
Saturday June 7	9:00 am	Bana 847-459-4921	My house. 732 Plumtree Court, Wheeling	40	To : Lungs in Algonquin for breakfast/brunch/lunch Cake & ice cream to be served at my house after the ride. (call for directions if needed - 847-459-4921)
Saturday June 14	9:00 am	Tom Drabant 847-394-9845	Tom's Choice	30-35	Undecided at print time, Tom's rides always have a great lunch stop
Saturday June 21	9:00 am	Lee Venet 847-808-8565	Potawatami Forest Preserve On Dundee Rd 1/4 mi east of Milwaukee Av in Wheeling	40	Joint ride with the Bicycle Club of Lake County. Lee's taking us in a new direction. A scenic tour heading to Lake Michigan. See where Kevin was left Home Alone, Baha'I Temple, Ed Rudolph Velodrome, food and more.



# RIDES OF A DIFFERENT FLAVOR

## June Wednesday Chicago Area Bike Path/Trail Rides 2003

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
6/4	9:00	40/62 partial loops	Path Aurora Branch Loops	Roy C. Blackwell F. P., Warrenville	South on Rt. 59 to Butterfield Rd., lft. on Butterfield Rd. .5 mi. to entrance on lft. Park in 1st lot to rt.	Packed crushed stone, some paved ***
6/11	9:00	55 loop	Medley of Trails - Poplar Creek to Ned Brown	Ned Brown F. P., Golf Road Parking Lot	South of Golf Rd. just East of I-290	Paved with connecting roads
6/18	9:00	46	Fox River/ McHenry Prairie Trail	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path Joe Irons, Host - 359-0551
6/25	9:00	40 partial loop	North Portion Lake Co. Des Plaines Riv. Tr.	Independence Forest Preserve, Libertyville	Milwaukee Ave. (IL 21) north to Buckley (IL 137); east to River Rd. ; north to F. P. entrance on left to 1st parking lot on the left.	Packed crushed stone ***

\*\*\* approved for narrow tires \*\* wide tires recommended \* wide tires required  
Bring snacks and plenty of water to drink - Check with Art Cunningham - 963-8746 for details

## NEWCOMERS RIDE SCHEDULE

Date	Ride Name	Time	Starting Point	Miles	Leader	Phone#	Etc.
Saturday June 1	Newcomers +	10:00 am	Frontier Park	12-15	Shoe	847-910-8640	Helmets
Saturday June 15	Newcomers +	10:00 am	Frontier Park	12-15+	Shoe	847-910-8640	Helmets
Saturday June 29	Newcomers +	10:00 am	Frontier Park	12-15+	Shoe	847-910-8640	Helmets

Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.

**Call AHBA Ride Hotline for updates/change 847-255-3468**

Bring: Water, Extra Tube, Pump, Tire Levers  
Bike will be safety checked  
Sun glasses or safety glasses

### What? No Correct Answers?

No this is not Marilyn. Here's your new clue. This young woman has been listed in each newsletter for over 15 years.  
Email Tom Wilson with your guess.  
tomwilson@wideopenwest.com





## Are You Sore After Cycling?

To help prevent muscle soreness after a ride, pedal easily during the last 10-15 minutes and avoid hills.

If your triceps muscles become sore it may mean your stem is too long. Conversely, if it's too short your shoulder muscles will bother you.

### BACK

If you have back pain when you ride in the drops for more than a few minutes, raise stem until its top is just an inch or two below the top of the saddle.

If you suffer from lower backaches caused by riding, you may have a strength imbalance between your stomach muscles and those that lift your legs. The best cure is a daily dose of "crunch" sit-ups. Simply bend your knees 90 degrees and roll your shoulders off the floor, stopping before the small of your back leaves the ground.

### NECK

To prevent neck discomfort while riding, never keep your head in the same position for a long time. Periodically tilt it to stretch and relax the muscles. Every so often on a straight clear stretch of road, let your head drop to your chest - rotating it in one direction, then the other direction.

### FEET

Relieve your feet by occasionally not pushing down for several strokes. By only pulling up, you reduce pressure on your soles and enhance blood circulation.

At the first sign of foot discomfort on a long ride, slightly loosen your shoelaces or straps and, if you have them, toe straps. Feet tend to swell as the miles go by, and it's the resulting tightness and restricted blood flow that causes pain and the sensation of heat.

### HANDS

To prevent numbness in the hands caused by the compression and hyperextension of the nerves passing through the wrist into the palm, cushion the pressure points. Padded gloves and handlebar covers go a long way toward solving the problem. So does frequently changing your grip on the bar or using a bolt-on aero extension with elbow rests.

Change your hand position often. Go from the tops to the lever hoods, to the hooks, to the drops... and all points between. Each change alters the angle of your back, neck, an arms, bringing some muscles more into play as others are stressed less.

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## More Rides to Do this Summer

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### Bike Virginia June 21st -25th, 2003

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For more information see [www.BikeTheDrive.org](http://www.BikeTheDrive.org)



Bob Hinkle

# To Be Seen Or Not To Be Seen That Is The Question?

When you read this article we'll be right in the height of the riding season. The Tuesday evening rides have always been a favorite and we usually have large turnouts. As the days get longer the ride gets longer and we sometimes stretch these ride too long getting back to Recreation Park after the sun has set. Many of the riders put their bike on their car racks and drive home. Others ride their bicycles back home in the dark.



According to an article written by John Schubert children riding fatalities have been decreasing. Many of children fatalities still occur at dusk. Because more urban adult are cycling at night, adult fatalities have risen dramatically.<sup>1</sup> The most dangerous time to ride your bike is between 6 p.m. and 9 p.m., a time when traffic is high and lighting conditions are low.

Not only is it important to be seen, but to be recognized as a cyclist. There are ways to make you more visible at night. Wear white clothing or reflective bibs; use reflective tapes, use reflectors, and use lights. A combination of all is best.

You can buy reflective tape and stick it to your clothing, bike bags, bike and helmet. Likewise reflectors should be attached to the rear and front of the bike. Make sure that they are not covered by a bag and are pointing straight. Also reflectors in the spokes allow you to be seen from the side. Spoke reflectors show motion of the wheel, providing an additional attention-grabbing feature. The draw back of reflectors is they reflect light back almost exactly at the light source. The driver of a car eyes are higher than the beam of the headlights striking the reflector. Try shining a beam from a flashlight held to your forehead at a reflector and then shine the flashlight beam from your waist at the reflector. The reflector appears brighter when the light source striking it is at the same level as the eyes. The white and yellow reflectors seen on bicycle pedals are usually visible up to 200 feet if the reflectors are clean. As you ride through the downtown areas at night, light reflected from the reflectors can be confused with lights from signs and cars making it harder to identify you as a cyclist.

There are all kinds of lights for cyclists. Headlights, taillights, helmet lights and lights that can be attached to the arm or leg. You do need a visible headlight and a

taillight. A bright flashing taillight is easier to discern than one that doesn't flash. If there is no car headlights shining on the rider as he rides away from you in the dark, he usually is not recognized as a cyclist even though the taillight can be seen. Helmet-mounted lights by themselves can be seen. However in the dark without a headlight shining on the rider it would be difficult to recognize the

light as a bicyclist. You may say so what, no headlights no car. But what if that car is at the intersection and is turning towards you? A high percent of nighttime fatalities occur at intersections and are head on collisions. Remember you want to be seen as a cyclist. The light emitted by a small AA battery will not carry very far. Lights pointed downward or to the side lose their effectiveness to make the rider visible. Lights must be properly aimed for maximum visibility. The new halogen or high intensity discharge bulbs and long lasting batteries now provides the cyclist a more brighter and longer lasting light. I can hear some of saying even though it's dark the streetlights give off enough lights so I can see. But can the drivers of cars see you? John Schubert reported in *Adventure Cyclist* that nighttime fatalities are more likely to occur on streets that have street lights.<sup>1</sup>

Which should you use; reflectors or lights. In an interview with the Consumer Product Safety Commission chairperson, Ann Brown, Brown defended the all-reflector system; strongly implying it was safe to ride a bicycle without lights. She did explicitly say that their "rigorous tests" had shown that all-reflector system outperformed lights.<sup>2</sup> However reflectors don't work if headlights aren't pointed at them. Also all 50 state vehicle codes require an active headlight. Discover for yourself how visible you are at night. Find a long dark driveway, parking lot, or street some evening and have someone watch as you ride your bike away from him. Then ride back towards that person. Note the distance when you can see the lights or reflectors and when you can definitely make out the person as a cyclist. Repeat the process using headlights from a car shining on the rider.

1. John Schubert "The Sultan of Statistics" *Adventure Cyclist* April 2000

2. John Schubert "Why Helmets Won't Get Much Better" *Adventure Cyclist* Nov/Dec. 2003



Bob Hinkle

## Stay in Touch When on that Bike Trip

Every time I go some where for two weeks or more I dread coming home to a pile of mail, both US delivery and email. I usually spend days sorting the "junk mail" from the bills and other correspondence. There always seems to be a letter or email that requires an immediate response and by the time I read the letter or email, it's too late to reply.

This past winter I partially solved this problem. Bena and Terry while biking the perimeter of the USA kept us informed of their progress and sent us pictures via their website and emails by using a laptop. That seemed like an excellent way to keep in touch while on long trips. The problem is I don't have a laptop. However most libraries now have computers with free access to the Internet.

It's not exactly free. If you check your local telephone bill you'll find a line that reads "Federal Access Charge." The federal government uses part of that charge to subsidize the library's access to the Internet. As an Arlington librarian told me, the Arlington Library has to provide everyone not just Arlington residents with access to the Internet.

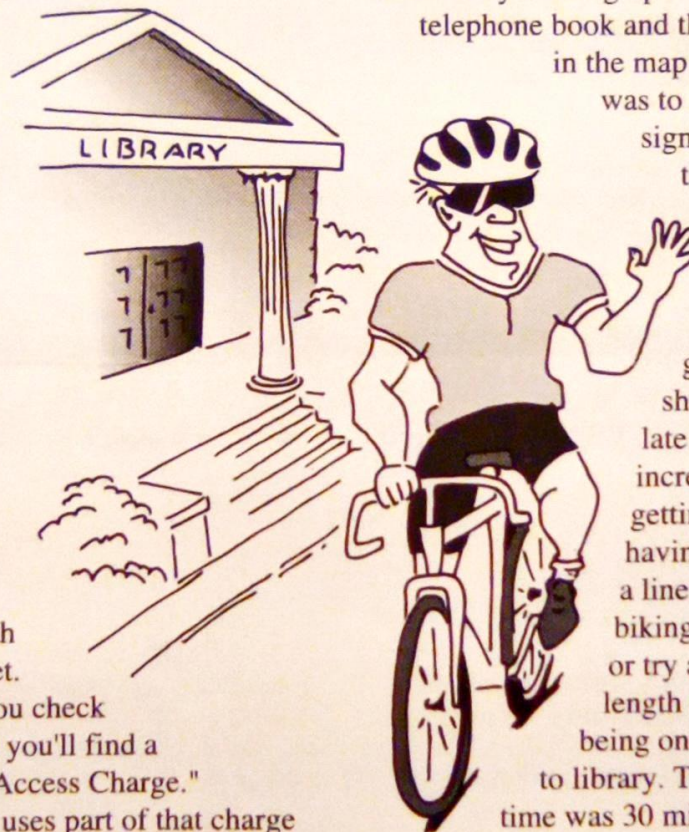
This past winter I tried accessing the Internet at several libraries in the Orlando, FL area. Once on the Internet I could get into my account at AOL, and send and receive email. I could delete my junk emails and pay some of my bills online. Emails that needed an immediate response got one. I could access my email address book while online at AOL, so I didn't

need to bring along a copy of my email addresses.

Some problems that I did encounter were finding the library's location, waiting for the computer to become available, short online time limits, and some library's security software was not compatible with AOL. I found the library location by looking up the address in the telephone book and then locating the library

in the map section. Another way was to look for the library signs while biking through the towns. Usually the libraries are near the business district. I also would ask people. I found that getting to the library shortly after it opens or late in the afternoon increases the chance of getting online without having to wait. If there was a line I would continue biking and come back later or try a different library. The length of time allowed for being online varied from library to library. The average length of time was 30 minutes. In some libraries a dialog box would pop up on the computer screen indicating how much time was left before being disconnected. The screen went black when the time was up. At one library I had trouble getting into AOL and asked the librarian for help. She was able to reset the security software but by the time I got into AOL I had only 10 minutes left.

If you don't have a laptop try accessing the Internet at the local library.





# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ email \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone: \_\_\_\_\_

In signing this release for myself and/or all named participants under the age of 18, I understand that the Arlington Heights Bicycle Association officers and members are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. For myself and/or said minor, my (and minor's) heirs and assignees, I here by waive all claims for, forever discharge and release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned arranged sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

Membership for both Individuals and Families = \$10.

Family Members under 18 yrs. \_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_

Make check payable to Arlington Heights Bicycle Association  
Mail to: Cecily Rood  
505 Kings bury Dr.  
Arlington Heights, IL 60004-2450

60004+2450

Dues Due!

[REDACTED]

Arlington Heights Bicycle Association  
500 E. Miner Street  
Arlington Heights, IL 60004





# THE SPOKEN WORD

JULY 2003

VOLUME 32, NUMBER 6

## Pertinent Paragraphs from the Presidents

A bicycle ride rest stop or other social activity is an excellent time to discuss who you want to be in charge of YOUR club. Nominations are in September; elections are in October. Our bylaws expect and encourage vigorous competition for club officers.

Please appreciate the uniqueness of our club – especially the membership's ability to conduct the annual Bike Swap and Arlington 500 too. Many people are amazed that we can do this. Practically all comments concerning these annual events are positive. This is something we can all be proud of. Of course, Al and Jeanie Gain and Greg K are absolutely essential to the success of these activities. We thanked Al and Jeanie in last month's newsletter, but we would like to recognize their value again in this newsletter.

A giant **Thank You** to GREG and all his helpers for an outstanding Arlington 500 this year. We had a record number of riders this year due to the phenomenal weather we had! THANK YOU to all of our club members who volunteered their time to help make the Swap such a success!! And thank you to all who showed up at Chris and Dave's house to make sandwiches on Saturday night before the Arlington 500.

Check the ride schedule inside for all the different types of rides available to our members – long rides, short rides, fast rides, slow rides, medium pace rides, trail rides, etc. Be sure to check all the "special" rides to Milwaukee, Wisconsin, the club picnic, etc. and mark your calendars.

The new season has started and, for the most part, we have had wonderful riding weather. However, there are dangers, and I wish to bring them again to your attention. Never forget the following:

**BE COURTEOUS:** Even if your instincts suggest otherwise. Why engage in a bicycle – motor vehicle confrontation where your chances are dismal at the very best? At least make the crash accidental – not intentional.  
**BE SEEN:** The human eye is most sensitive

## Arlington Heights Bike Race Needs our Help

As some of you may have already heard, there's a bike race coming back to town on August 2nd. We made it through the first year pretty successfully (so I've been told) and many, many thanks to those who participated as racers and/or volunteers. Plans are already in the works to improve and expand the event. Once again, how well it happens, how it reflects on the village of Arlington Heights, how it reflects on the area's cyclists, and whether or not it has the "legs" to take it to a 3rd year (we've already got more ideas!) depends on people like you. We will need even more help this year as we plan on putting on an expo inside the course (even more marshals to control the crowds), expanding the race-day a bit (with the possible addition of an HPVA event – come and see recumbents race this course!!), and we found we could have used even more course marshals last year.

The time is NOW!!! So far, only a handful of people have made a FIRM commitment to help put this race on. Many, many thanks to them for seeing the need to get on board early so we can start putting schedules together. A few others have given lip service to the volunteer thing. Many thanks to them also for feeling the need to be involved in this event and wanting it to happen. Unfortunately, this is not enough. What we need, and as soon as possible, from as many of you as possible, is FIRM time commitments! Something like this does not happen by people showing up at the last minute if nothing else gets in the way. This event will only come off as a top-notch bicycle race (again) if people make the commitment to help out early so we can start putting things in order (and KNOW we have the people to do it!).

We will again need people for both Friday and Saturday. We will need people to help put up hay bales and fencing the afternoon (get started by shortly after noon) of the 1st. Secondly, we will need many, many, many volunteers the day of the race, from about 5am to 5pm. This could be all day, \_ the day, or for as little as a couple of hours. Whatever you're willing to commit to, we'll take!!!!

We really need people to COMMIT now! If we're going to take this to the next level, we need to know if we have the "bodies" to do it. We have to amass our volunteer list as soon as possible so we can start organizing time slots, see where we're going to need additional help, and start organizing training sessions if needed. So! Pick up the phone! Open up the "write mail"! Put this on your calendar NOW! Get in touch with Paula (our volunteer coordinator) and let her know what days/hours you will (not "might") be available for and any special skills you might have (please keep in mind she is a grade school teacher and doesn't need to know ALL your special skills so let's keep them relevant!) at [ulreich@wideopenwest.com](mailto:ulreich@wideopenwest.com) or 847-398-5429 today!!!!!!!

John Amling

*to the orange and yellow colors. Make sure everyone (especially the impaired) sees you. Use red lights and reflectors in the back of your bike. Use a white light and reflectors in the front of your bike. Be sure you can be seen from the side also.*

**BE AWARE:** Watch for running vehicles – especially those showing that a vehicle is about to move in reverse. Watch for surprise car door openings – especially cars parked on the street. Watch for (and warn others of) vehicles in cross streets –

*regardless of stop sign location.*

**BE PREPARED:** Are you wearing a helmet? Can you stop in time? Can you evade, if necessary? Can you fall and tumble? Do you know where you are if you call 911?

**BE CONSERVATIVE:** Ride during the day where there is less and slower traffic. Ride on bike paths and road that are obvious bicycle routes.

Karen Zmrhal and Roy Euclide



<p><b>Presidents</b>                  Karen Zmrhal  <i>kz2000@attbi.com</i>  <i>kz2000@eudoramail.com</i>                  847-397-1499                  Roy Euclide                  847-437-0442</p>
<p><b>Vice Presidents</b>                  Dave &amp; Chris Van Dornick                  847-259-7917</p>
<p><b>Secretary</b>                  Barb Swasas                  630-628-6267  <i>powerbarb@screaminet.com</i></p>
<p><b>Treasurer</b>                  Ron McPheron                  847-824-5091</p>
<p><b>Meeting Program</b>                  Roy Euclide                  847-437-0442</p>
<p><b>Refreshments</b>                  Jan McCandless                  847-680-1729                  Carl Jester</p>
<p><b>Membership</b>                  Cecily Rood                  847-398-7448</p>
<p><b>Newsletter Editor</b>                  Tom Wilson  <i>tomwilson@wideopenwest.com</i>                  847-632-1412</p>
<p><b>Newsletter Mailing</b>                  Jim Shoemaker  <i>imjims@msn.com</i>                  847-910-8640</p>
<p><b>Bike Swap</b>                  Al &amp; Jeanie Gain                  847-392-1547</p>
<p><b>Arlington 500</b>                  Greg Konieczny  <i>konie@mindspring.com</i>                  847-398-4633</p>
<p><b>Web Site</b>                  Cindy Trent  <i>ctrent@dist214.k12.il.us</i>                  847-392-6750</p>
<p><b>AHBA Ride Hotline</b>                  847-255-3468</p>
<p><b>Web Address</b>  <i>http://www.geocities.com/colosseum/midfield/2543</i></p>

## Next Membership Meeting

### September 24, 2003

There will be a Board Meeting at 6:30 pm before the Membership Meeting.

The Membership Meeting will begin at 7:30 pm.

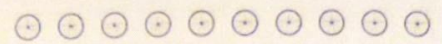
All are welcome!

The meeting will be at Recreation Park in Arlington Heights

## NEW Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Send or email your information, ride stories, photos (with captions) and articles to me by the 10<sup>th</sup> of the **preceding** month.

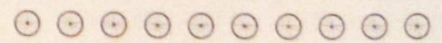
Tom Wilson  
 105 N. Elmhurst Ave.  
 Mt. Prospect, IL 60056  
 tomwilson@wideopenwest.com



### 2003 AHBA Top Mileage Riders

Mileage update as of 6-8-03

- |                          |      |
|--------------------------|------|
| 1. Art Cunningham        | 1485 |
| 2. Mitch Polonski        | 1411 |
| 3. Bob Hinkle            | 1320 |
| 4. Christine Van Dornick | 1074 |
| 5. Bob Dominski          | 1004 |
| 6. Kurt Schoenhoff       | 961  |
| 7. Earle Horwitz         | 927  |
| 8. Len Geis              | 846  |
| 9. David VanDornick      | 829  |
| 10. Reinilde Geis        | 706  |
| 11. Greg Konieczny       | 703  |
| 12. Kris Sudrovech       | 668  |
| 13. Ralph Salle          | 652  |
| 14. Chris Wager          | 633  |
| 15. Nancy Wagner         | 578  |
| 16. Jan McCandless       | 555  |
| 17. Tom Wilson           | 554  |
| 18. Bob Pletch           | 505  |
| 19. Paula Matzek         | 491  |
| 20. Vince Kelly          | 488  |
| 21. Carl Jester          | 430  |
| 22. Tom Drabant          | 413  |
| 23. Bena Gerber          | 356  |
| 24. Geri McPheron        | 285  |
| 25. Jackie Kelly         | 251  |



Nance, Deb, Paula, Don, Dave and Chris taste the treats at a rest stop on the State Line 60 ride.



# AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am 9:00 am on Tues April 1	Deerfield Bakery Ride	C	Deerfield Bakery	The bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N. of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the Bakery after the ride	25/Tues 35/Thurs	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Every Tue. for the season	6:30 pm	Tuesday Night	I	Recreation Park	Recreation Park is located in Arlington Heights at Miner & Douglas.	Varies	Call Karen Zmrhal to volunteer to lead one of these rides 847-397-1499
Saturday June 28	8:30 am	Crystal Lake Ride	A	Frontier Park	We'll try again, Great route, lunch in Crystal Lake	68	Chris and Dave 847-259-7917
Saturday July 5	9:00 am	Wear your jersey ride	A+I	Frontier Park	Let's show off a bit Two different paces	60	Gary Gilbert 847-577-4275
Saturday July 12	Early	Rain Ride	Super C	Terre Haute, IN	Support the members who are attempting this single day event Tom W., Deb W., Greg K., Gary G., and more. Lee Venet sag and support.	162	
Saturday July 12	8:30 am	Woodstock	A	Lakewood	Lakewood F.P. is off Fairfield Road, south of Rte 176 at Ivanhoe Road. Late Breakfast in Woodstock, hills to follow	?	Chris and Dave 847-259-7917
Saturday Aug 9	7:30 am 10:00 am	Lake Geneva Ride	A	Hawthorne Woods (105) Glacier Park (54)	Some hills mostly rolling, lunch in Lake Geneva, ice cream to follow. Hawthorne Woods Park is at Quinten and Old McHenry Road.	105/54	Chris and Dave 847-259-7917

Call AHBA Ride Hotline for updates/change 847-255-3468

A = Advanced (12-15 mph average)	<sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.
I = Intermediate (moderate pace)	<sup>2</sup> Recreation Park is located in Arlington Heights at Miner & Douglas.
N = Newcomers (pace will depend on ability of participants)	<sup>3</sup> Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District
C = Choose your own pace	<sup>4</sup> Glacial Park — take route 12 to route 120, west on 120 to route 31, turn Right (north) on 31 about 3.5 miles to Barnard Mill Road, Left on Barnard Mill Road, cross the river to the right at the Y go .25 mile to Keystone, turn Right on Keystone and Right into the Park.

The Milwaukee Ride is scheduled for September 14 with the ride up on the 13th and the return ride on the 15th. I will reserve rooms in Milwaukee but need to know at least by August 15 if people are doing the full trip with us.

# INTERMEDIATE RIDE SCHEDULE

Date	Time	Ride Leader Phone#	Starting Point	Miles	Description
Saturday June 21	9:00 am	Lee Venet 847-808-8565	Potawatomi Forest Preserve	40	Take Dundee Road east past Milwaukee Avenue one quarter mile to the Potawatomi Forest Preserve entrance on the left, north side. A joint ride with the Bicycle Club of Lake County
Saturday June 28	9:00 am	TBA	Frontier Park	????	Show & Go
Saturday July 5	9:00 am 9:30 am	Earle Horowitz 847-632-1112	Frontier Park & Kildeer School	45/35	Start from AH or LG and ride to the Broken Oar and dine at Fresco Special note: all riders meet at Frontier Park for a pre-ride Arlington Jersey Ride Photo Op 35 mile riders drive to Kildeer School 45 mile riders ride to Kildeer School
Saturday July 12	9:00 am	Marilyn Wilkerson 847-439-4496	Frontier Park	30/35	Tour of Elk Grove Marilyn leads a great tour of Elk Grove
Saturday July 19	9:00 am	Karen Zmrhal 847-397-1499	Frontier Park	35	Willow Creek Ride We'll head south and west, some trails, some roads, no hills.
Saturday July 26	9:00 am	Chris Wager 847-397-7217	Fox River Trail E. Dundee	45	Dundee to Aurora along the Fox River Trail, Great lunch stop (West on Dundee-Rt 68- bear right @ Barrington Ave. Just past Rte 25 to River St. Depot to left)
Saturday Aug 2	9:00 am	Tom Drabant 847-394-4985	Frontier Park	45	Which Culver's will it be?? Only Tom knows but the food stop makes it all worthwhile.



# RIDES OF A DIFFERENT FLAVOR

## July Wednesday Chicago Area Bike Path/Trail Rides 2003

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
7/2	9:00	57	Fox River Trail/ Great Western - west section	South Elgin trail access	South on Rte 31 to W State St., turn left (east) then right just before the bridge to parking.	Paved, packed crushed stone ***
7/9	8:00	65	M&I Path - Morris to Lockport	Channahon access	I-55 south to US-6; left on Canal St. to parking on the right	Packed stone, city streets through Joliet
7/16	9:00	55	Millennium/North Shore/ McClory to Illinois Beach	Millennium Trail access	East of Fairfield Rd. opposite Ivanhoe Rd. just south of IL 176	Packed stone paved. Short park loop, sandy.
7/23	8:00	80	Super Dog Ride	Half Day Forest Preserve	Off Milwaukee Ave. 1-1/2 mi. north of IL-22 - park at the 1st lot on the rt.	Packed stone/city streets Kurt Schoenhoff Host - 696-2356
7/30	9:00	52 partial loop	Fox Riv. / St. Charles & Elgin Prairie Path	East Dundee Depot	West on Dundee (Rte. 68) bear right at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved and packed crushed stone paths ***

\*\*\* approved for narrow tires \*\* wide tires recommended \* wide tires required  
Bring snacks and plenty of water to drink - Check with Art Cunningham - 963-8746 for details

## NEWCOMERS RIDE SCHEDULE

Date	Ride Name	Time	Starting Point	Miles	Leader	Phone#	Etc.
Sunday June 29	Newcomers +	10:00 am	Frontier Park	12-15+	Shoe	847-910-8640	Helmets
Sunday July 6	Newcomers +	10:00 am	Frontier Park	12-15+	Shoe	847-910-8640	Helmets
Sunday July 20	Newcomers +	10:00 am	Frontier Park	12-15+	Shoe	847-910-8640	Helmets

Frontier Park is located in Arlington Heights at  
Palatine Rd. & Kennicott.

**Call AHBA Ride Hotline for updates/change 847-255-3468**

Bring: Water, Extra Tube, Pump, Tire Levers  
Bike will be safety checked  
Sun glasses or safety glasses

### Home Alone?

You don't have to be. Join us on Saturday June 21 at 9:00 AM  
when we are wheelin, to Wilmette on a joint ride with the Bicycle  
Club of Lake County. Meet new cyclists and then.....

You can see where Kevin McCallister was left Home Alone!  
(You might even want to watch the movie again.) Then see the actual  
church where he hid from the bandits! See the drug store where he  
ran from the old man! See where the police chased him across the  
park with his toothbrush (approved by the American Dental  
Association)! And even see the house where the "wet bandits"  
were caught!

Plus Northbrook Velodrome, Woodley Estates, Baha,i Temple,  
Wilmette Harbor, Botanic Garden, and more. The ride will be about  
40 miles at a moderate riding pace on lightly traveled streets with  
about two miles of Wilmette cobblestones included for fun. There'll  
also be a midway stop for snacks and ice cream, but only the  
cobblestones are free of  
charge. And absolutely no

one will be left home alone!!

Take Dundee Road east past Milwaukee Avenue one quarter mile  
to the Potawatomi Forest Preserve entrance on the left, north side. For  
more details and information call Lee Venet at 847-808-8565 (24/7).

### JERSEY DAY

Saturday July 5 is THE day to wear your new Arlington Bike Club  
Jersey. The Intermediate and Advanced rides begin at Frontier Park  
at 9AM. The advanced ride is a 60+ mile ride and the intermediate  
ride is going to the Broken Oar.

Please arrive by 8:50AM for the group photo. All club members  
are encouraged to ride, even those who do not have a jersey. Those  
taking the shorter route on the intermediate ride are encouraged to  
come to Frontier Park before proceeding to Kildeer School.

For those of you who paid for your jersey, there is still time to pick  
it up before July 5. The club has a few extra jerseys for anyone who  
is interested. Price is \$45. Contact Gary Gilbert via phone (847)577-  
4275 or email  
gary.gilbert@attbi.com for  
further information.

The mystery newcomer in last months issue was Cecily Rood



Bob Hinkle

# I Was a Sag Driver

What is it like to drive a sag wagon for the Arlington 500? The route I drove covered part of the short (Honey Lake Subdivision & Cuba Rd.) and part of the long route (Old Barrington Rd.). This meant that I drove from 7 AM to 3 PM. The sag wagons drive the routes in reverse of the riders so that riders can easily see the sag sign in the car's front window and signal if they need help. As I approach the riders I would slow down and wave. I stopped anytime I saw a rider off the bicycle. Some of the riders who I encountered that were off the bike were taking a break. A popular resting area on my route was the hilltop on Rainbow Rd. Elsewhere another rider had stopped to see a friend. Several other riders had somehow gotten off the route and needed directions. I even caught one guy sprinkling a tree. I carried my floor pump, biking tools, cell phone and had the bike rack on the car

It was a busy day. The first mechanical problem that I encounter was a rider who had a blowout 4 miles into the ride. A piece of sidewall was missing from the tire. I put his bike on my rack and took him back to the start at Barrington High School. The Bikes Plus Van was in the parking lot and the rider was able to buy another tire and

tube and then restart the ride.

Next I came across a group of four riders standing look at a bike. The owner said, "My chain broke. I guess I'm finished riding." I told him that he could still finish the ride. I used my chain tool and took out the broken link. Then I attached the chain back together again. None of the riders knew how to use a chain tool. He thanked me and the four continued on the ride.

During the day I also hauled two other riders back to the start; one had broken the bike's frame and the other broke his free wheel.

I also stopped twice to let two riders use my floor pump to inflate their tires. One had a flat; the other had started the ride with a soft tire.

I did get to talk with those riders I stopped to help and every once in awhile I would drive back to Barrington High School for a cookie or banana. The roads that I drove as a sag driver were some of my favorite cycling roads however by the end of the day I had seen enough of them. For the next several weeks I avoided biking on those roads.

## The Arlington 500 was a big success



Club members celebrate after another successful Arlington 500



Don shows off his stubby\* to the women

### Bonton Roulet

The club is doing a weeklong ride in the Finger Lakes area in New York called the Bonton Roulet. The ride is scheduled July 20 to 26. Base mileage is about 320 miles, there are options for more including a century. This ride is somewhat hilly but is advertised as having 25% fewer hills than last year. For more information visit their website at [www.bontonroulet.com](http://www.bontonroulet.com) or call 315-253-5304 607-756-2893

Glenn- Revved up and ready to go \* small screwdriver used for lifting road markings



Bob Hinkle

## Dem Bones

It happens every riding season, a rider falls and breaks a bone. So far I have had three reports of riders falling and breaking a bone or two.

Early in the year I received the following note. "A new road joined an old road at a 45 deg. angle with a two inch difference in height. I didn't see it and it flipped me just like a railroad track would do. I was with a group and we finished the ride but I cracked some ribs and had some major road rash. The guy behind me said that I landed on my head and then slid for several feet. I now have a helmet to add to your demo to show the kids who are not yet believers in wearing helmets."

### Rules

*Cross uneven pavements and railroad tracks at a 90° angle.*

*Make sure you can see the road ahead of you while riding in a group.*

*Wear a helmet.*

On a bakery ride another member fell and broke a thumb. There was water covering a section of a paved bicycle trail at the bottom of a small hill. What the rider couldn't see was the thin coating of mud on the pavement under the water. The bicyclist was braking

going down the hill and into the water. As the cyclist told me, "My bicycle flew to the left and I went to the right landing on my right shoulder. My shoulder was sore but oddly enough I broke my left thumb. It must have gotten caught in my brake lever as I was falling from the bike."

### Rules

*Don't ride through water it may be covering a hazard.*

*Wear a helmet.*

Again on another bakery ride a rider fell and broke his collarbone. Those who were riding with him believe that his wheel got caught in a crack between the shoulder of the road and the road.

### Rules

*Watch for road hazards.*

*When riding in a group space yourself so you can see the road ahead of you.*

*When riding in a group warns others of road hazards or other hazardous conditions.*

*Wear a helmet.*

*Carry a cell phone. It can come in handy in emergency situations.*

## Senate Bill 275

Update on legislative action on Bicycle Tort Immunity (Senate Bill 275)

This update is taken from the Northwest Municipal Conference, Legislative Update June 2, 2003.

This proposed Senate Bill 275 would have made bicyclists intended and permitted users of roadways. As amended, the bill would increase municipalities' risk liability. The bill would have resulted in juries deciding whether municipalities were in fact liable for the failure to remedy a condition on public property. SB 275 did not pass the third reading in the House May 31. The bill failed to pass by only two votes. Though the bill did not pass spring session, it will likely be reintroduced in the veto session.

*Editorial by*

*Christine Van Dornick*

This bill was the result of the cyclist in rural Wayne County who entered a lawsuit after falling on a road under construction. The lawsuit was first tried at the County level and then progressed to the State Court system. Most municipalities are not in favor of this legislation because of the apparent increase in liability that this current bill proposes. If the current form of the bill passes the House and Senate, it means that cyclists are permitted users of any road unless explicitly stated. To maintain a public road system in such quality that the road does not possess any hazards to a cyclist requires much more diligence than if the road is safe for motor vehicle use only.

It is my opinion, and not necessarily that of this organization, that a cyclist must make a rational choice on what roads are safe to ride on. That choice may vary depending

on the time of day or day of the week. The road's maintained surface is only one choice. The volume of traffic and traffic speed should be another consideration. Generally speaking, a route posted as a bike route should be a safe route for any cyclist experienced enough to ride on the road.

Safe route information is something that not only this club should share with its members, but also share with the public. Over the years, routes have changed to avoid those roads that are no longer considered safe. Bike paths are being developed as an alternative to riding on the road. More and more, inter-community paths are being developed as locations are linked.

If you are planning a ride and are unfamiliar with the best route, plan ahead and ask the ride chair for suggested routes. Then make a rational choice for a safe and enjoyable ride.



John Amling

# Biking "Inside the Beltway"

## Local, Regional & National Bicycle Legislation

Here's an interesting piece of news I gleaned from a bike dealer rag showing just how bad congestion is getting and the novel ways some people are dealing with it. The town of London has instituted a "congestion charge" aimed at reducing auto traffic by 15% and congestion by 30%. It will now cost drivers \$8 to drive into the central portion of town during business hours. The mayor predicted some protests initially but said it could spread all over the world if it works. There have already been reports of cyclists finding it easier to get around and an increased interest in purchasing bicycles! How bout that for Chicago?! Just read a follow-up article about this that says Dahon (folding bikes) sales have jumped 40% in London and cycling has gotten safer and faster.

This just in from the America Bikes people. On May 14th, the Bush administration released their proposal for the reauthorization of the federal transportation act (TEA-3). Called SAFETEA, while it maintains the existing programs, it adds none of the enhancements requested by the cycling community such as Safe Routes to Schools or more bicycle friendly requirements to roadway design. Meanwhile, the Congress continues to work on drafting their versions. Please take a moment if you can and get in touch with your congressmen urging them to make bicycle enhancements a significant part of this piece of legislation.

The ASTM is working on a new standard for bicycle VIN's (serial #'s) which they will be releasing in July. This will attempt to get manufacturers to use the same



number code and length and the same placement on the frame in order to make it easier for the police to track down owners of recovered bikes. It will be interesting to see if this makes any difference in how many stolen bikes end up back with their rightful owners.

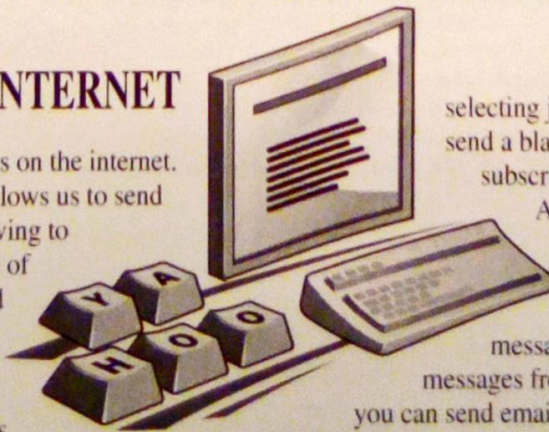
Now, the BIG STORY! Once again, the Illinois legislature has failed to restore cyclist's rights in our state. On the last day of the legislative session, the House first passed the bill and then took a "recount" and fell 2 votes short. In the Senate vote, our Senators W Jones, D Sullivan supported the bill while Senator E Sullivan voted against it. Our local Representatives were most unkind in the House vote. Representatives Bassi, Krause and Sullivan all voted against this bill. I take particular note that our very own Representative Sidney Mathias, who was a champion of this bill earlier, voted against it in the end. I would ask all of you to get in touch with him and ask why the change of heart?!

Well, that's about it for this month. Just my reminder to get involved! The easiest ways to get in touch with your representatives is through the web. You can contact your state representatives through [www.legis.state.il.us](http://www.legis.state.il.us) and your Washington representatives through [www.senate.gov](http://www.senate.gov) or [www.house.gov](http://www.house.gov). These websites are also a great source of information about what's going on in the legislature. Just mark them as "favorite places" and it's easy to check on what's going on. If each of us takes just a couple minutes a month to let them know we're watching them, we could really make a difference!

## AHBACYCLISTS on the INTERNET

Join your fellow AHBA club members on the internet. A Yahoo group has been set up which allows us to send email messages to the group without having to remember each others email address. 25 of your cycling friends have already signed up. The email traffic contains important announcements including directions to upcoming rides, general cycling information, and coordination of informal rides not on the ride calendar.

If you have a Yahoo Id, then you can sign up by going to <http://groups.yahoo.com/group/ahbacyclists> and



selecting join this group. Alternately send a blank email to [ahbacyclists-subscribe@yahoo.com](mailto:ahbacyclists-subscribe@yahoo.com).

After you have joined the group, you will receive a confirmation message.

Following the confirmation message, you will receive messages from other group members or you can send email to the group via

[ahbacyclists@yahoo.com](mailto:ahbacyclists@yahoo.com). The internet challenged members can send an email to Gary Gilbert at [gary.gilbert@attbi.com](mailto:gary.gilbert@attbi.com) for assistance.



# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ email \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone: \_\_\_\_\_

In signing this release for myself and/or all named participants under the age of 18, I understand that the Arlington Heights Bicycle Association officers and members are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. For myself and/or said minor, my (and minor's) heirs and assignees, I here by waive all claims for, forever discharge and release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned arranged sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

Membership for both Individuals and Families = \$10.

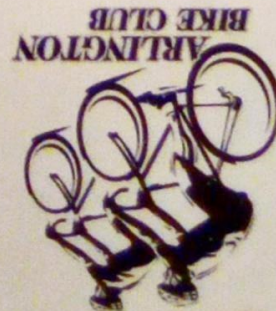
Family Members under 18 yrs. \_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_

Make check payable to Arlington Heights Bicycle Association  
Mail to: Cecily Rood  
505 Kings bury Dr.  
Arlington Heights, IL 60004-2450

60004/1523

[REDACTED]

Arlington Heights Bicycle Association  
500 E. Miner Street  
Arlington Heights, IL 60004





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# THE SPOKEN WORD

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AUGUST 2003

VOLUME 32, NUMBER 7

## Summer Biking Adventures

There are still several rides that are on the club calendar for the year. The folks pedaling the **Bonton Roulet** leave this weekend for a week of cycling in the Finger Lakes region of New York. It promises hills, hills and more hills as it rolls through the scenic tourist centers of the area. Bob Hinkle is leading a group out of the **Eagle River** area the end of August. There are more details in the newsletter. So far twenty-two riders have signed on with Bob for the ride. Don Ami is gathering a group for a ride in **Canada**, if you would like more information please call Don.

Closer to home, is the **Milwaukee Ride**. This annual ride leaves from Chris and Dave's house on Saturday, September 13th at 9:00 AM. The traditional Milwaukee ride is on Sunday leaving from McKinley Marina; slip A - E at 9:00 AM. There are at least two stops at Kopp's. Overnighters will return on Monday, September 15th.

Even closer to home are the weekly rides each Saturday morning. Speaking of rides, don't forget our very own **Progressive Dinner Ride** on August 9th. Carl Jester's home is the start of the ride this year. Chris bills this ride as more eating than riding. Past years have proven this to be quite true. Check the ride schedule for more details.

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## Two Club Members in Hospital

I just received the bad news today from Velda that Kurt had a bike accident today and will be laid up for 3 months. He was riding alone on Hafer Road between Fairfield and Gilmer when a dog went into the street. He avoided the dog but in doing so he fell off the bike. The owner of the dog saw the accident and called the paramedics. He has a broken neck in front and in back. He will undergo an operation at Good Shepard, and he will have to be in a halo brace for 3 months. Needless to say this is a shocker for us and of course their Arctic cruise this summer will be cancelled.

Len Geis

Just a note to everyone to let you know Marilyn Wilkerson is in Door County Hospital after a biking accident. She and Norma Weber took a spill while riding in door county going up a hill. Unfortunately, Marilyn broke her hip and had to have her hip socket replaced. She will be in rehab for ten days and return home next week. I spoke with her yesterday and she sounds very upbeat and seems to be doing well.

Nancy Wagner



<p><b>Presidents</b>                  Karen Zmrhal                  kz2000@attbi.com                  kz2000@eudoramail.com                  847-397-1499                  Roy Euclide                  847-437-0442</p>
<p><b>Vice Presidents</b>                  Dave &amp; Chris Van Dornick                  847-259-7917</p>
<p><b>Secretary</b>                  Barb Swasas                  630-628-6267                  powerbarb@screaminet.com</p>
<p><b>Treasurer</b>                  Ron McPheron                  847-824-5091</p>
<p><b>Meeting Program</b>                  Roy Euclide                  847-437-0442</p>
<p><b>Refreshments</b>                  Jan McCandless                  847-680-1729                  Carl Jester</p>
<p><b>Membership</b>                  Cecily Rood                  847-398-7448</p>
<p><b>Newsletter Editor</b>                  Tom Wilson                  tomwilson@wideopenwest.com                  847-632-1412</p>
<p><b>Newsletter Mailing</b>                  Jim Shoemaker                  imjims@msn.com                  847-910-8640</p>
<p><b>Bike Swap</b>                  Al &amp; Jeanie Gain                  847-392-1547</p>
<p><b>Arlington 500</b>                  Greg Konieczny                  konie@mindspring.com                  847-398-4633</p>
<p><b>Web Site</b>                  Cindy Trent                  ctrent@dist214.k12.il.us                  847-392-6750</p>
<p><b>AHBA Ride Hotline</b>                  847-255-3468</p>
<p><b>Web Address</b>                  http://www.geocities.com/                  colosseum/midfield/2543</p>

# Next Membership Meeting

September 24, 2003

There will be a Board Meeting at 6:30 pm before the Membership Meeting.

The Membership Meeting will begin at 7:30 pm.

All are welcome!

The meeting will be at Recreation Park in Arlington Heights

## NEW Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Send or email your information, ride stories, photos (with captions) and articles to me by the 10<sup>th</sup> of the **preceding** month.

Tom Wilson  
 105 N. Elmhurst Ave.  
 Mt. Prospect, IL 60056  
 tomwilson@wideopenwest.com

## Eagle River, WI. Rides

Three (3) great days of biking & socializing!  
 August 26,27,and 28, 2003 Bicycle approximately 50 miles each day.  
 (Drive approx. 350 miles on Mon., bicycle on Tues., Wed., & Thurs., drive home on Fri.)

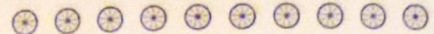
Twenty-two riders and non-riders have signed up for the Eagle River Rides. There is still time to sign-up and go. Make your reservations at the Days Inn and give Bob Hinkle a call at (847) 259-1423 to be added to the list.

Make reservations for four (4) nights beginning Monday August 25, 2003 at the Days Inn, Hwy 45, Eagle River, WI 54521. Call 715-479-5151 for reservations.

Route sheets and a list of participants' names will be in the breakfast area at the Days Inn on Monday after 4 PM. Tuesday's ride will leave from the Days Inn parking lot at 9 AM.

Do You Have IT?

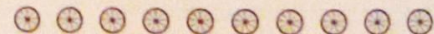
Bob Hinkle



## 2003 AHBA Top Mileage Riders

The top 25 in mileage as of 7-06-03

1. Mitch Polonsky 1944
2. Art Cunningham 1831
3. Bob Hinkle 1436
4. Christine Van Dornick 1336
5. Bob Dominski 1269
6. Kurt Schoenhoff 1203
7. David VanDornick 1201
8. Earle Horwitz 1139
9. Greg Konieczny 1095
10. Kris Sudrovech 1049
11. Chris Wager 988
12. Len Geis 966
13. Vince Kelley 819
14. Paula Matzek 801
15. Ralph Salle 751
16. Reinhilde Geis 733
17. Nancy Wagner 669
18. Bob Pletch 666
19. Scott Schaedel 605
20. Tom Wilson 594
21. Jan McCandless 555
22. Tom Drabant 547
23. Carl Jester 543
24. Geri McPheron 480
25. Jackie Kelley 463





# AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am 9:00 am on Tues April 1	Deerfield Bakery Ride	C	Deerfield Bakery	The bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N. of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the Bakery after the ride	25/Tues 35/Thurs	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Every Tue. for the season	6:30 pm	<b>Tuesday Night</b>	I	Recreation Park	Recreation Park is located in Arlington Heights at Miner & Douglas.	Varies	Call Karen Zmrhal to volunteer to lead one of these rides 847-397-1499
Saturday Aug. 2	9:00 am	Fermilab Ride	A	Elk Grove Pavilion	On Wellington south of Beisterfield in Elk Grove. Great scenery, fascinating science, good food.	65	Chris and Dave 847-259-7917
Saturday Aug. 9	10:00 am	<b>Progressive Dinner</b>	I	Carl Jester's home at 1661 Whitehill Ct in Wheeling, IL 60090	more eating than riding	40	Chris and Dave 847-259-7917
<b>Sunday Aug. 10</b>	8:00 am 10:00 am	Lake Geneva Ride	A & I	Kildeer School Veterans Park In McHenry	Joint ride with Wheeling and Mt Prospect, Lunch in Lake Geneva	99 50	Chris and Dave 847-259-7917
Saturday Aug. 16	8:30 am	Volo Bog Ride	A	Frontier Park	See an active biology wonder	72	Chris and Dave 847-259-7917
Saturday Aug. 23	8:30 am	Dawes Park Ride	A	Frontier Park	Ride to the lakefront and back	64	Chris and Dave 847-259-7917
Saturday Aug. 30	10:00 am	Picnic Ride	I	Kimball Hill School on Meadow St. in Rolling Meadows, north of Kirchoff	Bring a dish to pass Club will provide burgers, brats, beverage Other activities too!	35 to 40	Chris and Dave 847-259-7917
Saturday Sept. 6	9:00 am	Lakewood Brige Ride	A	Recreation Park	Ride to the North Shore to visit a unique wood bridge	53	Chris and Dave 847-259-7917
Saturday Sept. 13	9:00 am	Milwaukee Ride	A	Dave and Chris's house	1st day ride to Milwaukee	?	Chris and Dave 847-259-7917
<b>Sunday Sept. 14</b>	9:00 am	Milwaukee Ride	A	McKinley Marina Slips A-E	Ride in Milwaukee Kopp's custard and more!	78	Chris and Dave 847-259-7917
Monday Sept. 15	When ever	Milwaukee Ride	A		Return trip from Milwaukee	?	Chris and Dave 847-259-7917
Saturday Sept. 20	9:00 am	Elmhurst Ride	A	Frontier Park	Ride south to a good German Restaurant	50	Chris and Dave 847-259-7917
Saturday Sept. 27	9:00 am	Kettle Moraine Ride	A	General Store Lagrange, WI	Ride in the southern part of the Kettle Moraine, lunch halfway, Some Hills! Call for directions	54	Chris and Dave 847-259-7917
Saturday Oct. 4	9:00 am	Kane County Ride	A	Langum Park off Rte 25 (Riverside Drive in St Charles)	Ride out west on some lesser traveled roads, lunch of course, Some hills!	72	Chris and Dave 847-259-7917

## Call AHBA Ride Hotline for updates/change 847-255-3468

A = Advanced (12-15 mph average)

I = Intermediate (moderate pace)

N = Newcomers (pace will depend on ability of participants)

C = Choose your own pace

<sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.

<sup>2</sup> Recreation Park is located in Arlington Heights at Miner & Douglas.

<sup>3</sup> Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District

**The Milwaukee Ride** is scheduled for September 14 with the ride up on the 13th and the return ride on the 15th. I will reserve rooms in Milwaukee but need to know at least by August 15 if people are doing the full trip with us.

## Progressive Dinner: Ride to Eat, Eat to Ride on August 9th

This wonderful day of eating and riding and eating will get underway at 10:00 AM, leaving from Carl Jester's home at 1661 Whitehill Ct in Wheeling, IL 60090. Call Carl for directions at 847-229-9325, or plug into your favorite internet site for turn by turn directions. We will wind our way through the suburbs, filling our bellies on the delicacies of the day! Come join in the fun. Please RSVP Deb Wilson by July 30th at 632-1412.



# INTERMEDIATE RIDE SCHEDULE

Date	Time	Ride Leader Phone#	Starting Point	Miles	Description
Saturday July 26	9:00 am	Chris Wager 847-397-7217	Fox River Trail E. Dundee	45	Dundee to Aurora along the Fox River Trail, Great lunch stop (West on Dundee-Rt 68- bear right @ Barrington Ave. Just past Rte 25 to River St. Depot to left)
Saturday Aug. 2	9:00 am	Tom Drabant 847-394-4985	Frontier Park	45	Which Culver's will it be?? Only Tom knows but the food stop makes it all worthwhile.
Saturday Aug. 9	9:00 am	Chris and Dave 847-259-7917	Carl Jester's home at 1661 Whitehill Ct in Wheeling, IL 60090	40	<b>Progressive Dinner,</b> more eating than riding
Saturday Aug. 16	<b>8:00 am</b>	Tom Drabant 847-394-4985	Frontier Park	45	Tom's Surprise Ride Start early and "beat the heat"
Saturday Aug. 23	9:00 am	Chris Wager 847-397-7217	Frontier Park	?	TBA
Saturday Aug. 30	10:00 am	Chris and Dave 847-259-7917	Kimball Hill School	35 to 40	<b>AHBA Picnic,</b> Bring a dish to pass Club will provide burgers, brats, beverage, Other activities too! Kimball Hill School on Meadow St. in Rolling Meadows, north of Kirchoff
Saturday Sept. 6	9:00 am	Janice McCandless 847-680-1729	Frontier Park	35	Oregano's Ride
Saturday Sept. 13	9:00 am	Geri & Ron McPheron 847-824-5091	Frontier Park	30+	North by Northwest, Geri and Ron will lead the ride north, maybe northwest, good lunch stop-sure to be a good ride.

## RIDES OF A DIFFERENT FLAVOR

### August Wednesday Chicago Area Bike Path/Trail Rides 2003

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
8/6	9:00	57	M & I Path - West section Morris to Lockport	Channahon access	I-55 south to US-6; left on Canal St. to parking on the right	Paved crushed stone, connecting streets ***
8/13	8:00	54	Fox River Path south-Virgil Gilman Path	Bennet Park, Geneva	North Ave (IL 64) to St. Charles, south on IL 25 to park on rt. just past Geneva town line.	Paved, packed crushed stone***
8/20	9:00	60	Old School Forest Preserve to Kenosha	Parking Lot D, Old School Forest Preserve	IL 176 to St. Mary's Rd.; south to Forest Preserve on the lft. Park in shelter D lot.	Packed crushed stone, paved ***
8/27	9:00	57	Plank Road Path	Frankfort, IL	IL I-294 south to I-80 west; US 45 south to Frankfort; turn left at sign to Historic Frankfort; parking in town on trail on N. White St.	Paved path

\*\*\* approved for narrow tires \*\* wide tires recommended \* wide tires required  
Bring snacks and plenty of water to drink - Check with Art Cunningham - 963-8746 for details

## NEWCOMERS RIDE SCHEDULE

Date	Ride Name	Time	Starting Point	Miles	Leader	Phone#	Etc.
Sunday July 20	Newcomers +	10:00 am	Frontier Park	12-15+	Shoe	847-910-8640	Helmets
Sunday Aug. 3	Newcomers +	10:00 am	Frontier Park	12-15+	Shoe	847-910-8640	Helmets
Sunday Aug. 17	Newcomers +	10:00 am	Frontier Park	12-15+	Shoe	847-910-8640	Helmets

Frontier Park is located in Arlington Heights at  
Palatine Rd. & Kennicott.  
Call AHBA Ride Hotline for updates/change 847-255-3468

Bring: Water, Extra Tube, Pump, Tire Levers  
Bike will be safety checked  
Sun glasses or safety glasses





## Flyers Baseball Outing

Last year was so much fun I decided to do it again. I am putting together a group outing to the Schaumburg Flyers baseball game on Saturday night, August 30 versus the Joliet JackHammers. Game time is 6:20 pm and there is a fireworks display after the game. Tickets are \$8.00 and parking is free. The Flyers play at Alexian Field, 1999 S. Springinsguth Rd (south of Irving Park Rd and the Elgin/O'Hare Expy). After the game those that wish will meet for a late snack/dinner at Pilot Pete's, 905 W Irving Park Rd (in the Schaumburg Airport terminal building). Make checks payable to Don Ami and mail to Don at 285 Pembroke Lane, Schaumburg, IL, 60193. Include a note whether or not you will be going to dinner. All money must be in Don's hands by July 29. Hope to see everyone there.

Don Ami



**Gary Gilbert and Greg Konieczny finish the 160.5 miles of the RAIN ride (Ride Across Indiana).** Tom and Deb Wilson also finished the ride. It was a fun ride with 902 registered riders. Lee Venet was sighted giving SAG support to 3 Lake County Bike Club riders as well as sneaking in a few miles on his own. Alas, Barb Swasas stayed home nursing a cold.

## Our You Ready for the Biking Season

Bob Hinkle

We are well into the riding season, have you checked your bike bag recently? Hopefully you are not carrying winter gear anymore but what about the summer essentials? It doesn't take long to get sunburn. Do you have sunscreen? Don't forget the Chap Stick containing sun block for your lips. Lips can get sunburned too.

Did you ever have to stop to change a flat tire and get eaten alive by mosquitoes waiting in ambush for you? Carry a small tube of mosquito repellent just in case you need it. Later in the year the yellow jackets will also be out to get you. If a mosquito or yellow jacket do get you, a dab from an After-Bite Stick or similar product could ease the itch or pain and reduce the swelling.

While you are at it check to make sure that you have the necessary equipment to change a flat tire. Does your tire pump inflate your inner tube? I recently rode with a

person who found out that his frame pump was useless when he tried to use it to inflate his Presta tubes. Make sure that you are carrying tire irons and at least one spare tube that fits your rim and your tire. I carry two tubes. Tubes with Schrader valves will not fit through a rim made for tubes with Presta valve. If your spare inner tube has been patch make sure it doesn't leak. Put air in the tube and hold the tube under water. If you see bubbles coming from the tube, the tube is leaking air. Either fix the tube or buy another tube. It is also a good idea to carry a patch kit just in case you have more than one flat tire. On one of my rides I had three flats and had to use my patch kit. Patch kits don't take up much space and are light. If you have used your patch kit check it periodically to make sure that the glue hasn't dried out.



## Golf Outing

I am putting together another mini golf outing. It will be on Saturday night, August 16. This year we will golf at Congo River, 1325 Barrington Rd (just north of Golf Rd) in Hoffman Estates. Meet at Congo River at 6:30pm. Cost is \$6.75 for 18 holes. Pay when you get there. Afterward we will go out for dinner. Restaurant choices in the area are Chili's, Embers Charhouse, Romano's Macaroni Grill, Lone Star Steakhouse, Max & Erma's, TGI Fridays and La Magdalena. RSVP to Don Ami at 847-301-1366 or e-mail at donwasu@yahoo.com before August 15 so he knows how many are coming and who they are. Vote for the restaurant of your choice. We will go to which ever one gets the most votes. Hope to hear from everyone!

Don Ami

## It was a Good Time and Good Weather at GRABAARW this Year



Paula, Glen and Cindy at Rhineland



Barb and Jim in Baraboo



Yes, it was June 28th!!



Tom and his chicks in Door County



Club members Nancy, Tom, D., Tom W., Jan, and Dianne ride the roads of WI at the PAWS ride in Door County.

## Boub Legislation Narrowly Fails

So close...

On May 31, the last day of the spring legislative session in Springfield, Senate Bill 275 was not able to pass the House. Consideration of the bill has been postponed, hopefully to this fall's veto session. We must continue until this issue is resolved.

SB275 would remove the powerful liability disincentive for towns to add bike lanes, signage, and other on-road safety improvements. This court-induced policy has plagued bicycling statewide since the Boub v. Wayne decision in 1998 (see [www.bikelib.org/boubcase/disincentivelist03.html](http://www.bikelib.org/boubcase/disincentivelist03.html)), and we're the only state in this situation.

SB275 would also restore liability protection for on-road cyclists injured because of a road condition. Currently, cyclists have no protection on roads, except those roads with some bikeway indication - like bike lanes and signage.

The SB275 language that previously passed the Senate 47-10 was opposed by key forces in the House - meaning the bill would most likely not be called for a vote. So, after intense negotiations in May, bill sponsor Rep. Nekritz introduced a new amendment.

The amendment restores "intended user" status and some liability protection to cyclists, while specifically addressing significant local government concerns about minor road defects and the need to retrofit all roads.

After a long debate on the House floor, the amendment was approved 58-55-2 - a simple majority was required. However, 60 votes were required to pass the full bill. At first, the roll call was 60-53-1, but when a vote verification was requested, 2 of the Yes votes were absent. Without the 60 votes, the bill could not pass. Rep. Nekritz was granted a postponement for consideration.

So close. We now look forward to the fall veto session, when we will hopefully finish the task. Thanks to all the LIB and bike club members who have continued to support this bill.



## Federal Transportation Legislation Update

(Edited from [www.americabikes.org](http://www.americabikes.org), the America Bikes coalition)

This year's renewal of the federal transportation bill will have a huge impact on bicycle policies and bikeway funding for the next six years. The action is heating up lately.

On May 14th, the Bush Administration introduced their reauthorization bill called "SAFETEA."

The proposed bill supports the America Bikes agenda in the following areas:

- Retains the main programs used to fund bikeways: Enhancements, CMAQ (Congestion Mitigation and Air Quality), Scenic Byways, Rec Trails;
- Maintains eligibility of bicycles and pedestrian projects in other major funding categories;
- Continues funding for a bicycle/pedestrian information clearinghouse;
- Adds bike/ped groups to the list of those commenting on state & regional transportation plans.

However, the bill takes several steps

backwards:

- No increase in CMAQ funding, despite a doubling of non-attainment (eligible) metro areas;
- Funding for Enhancements (the main bikeway funding source) is cut by nearly 15%;
- Eliminates the metropolitan Transportation Improvement Plan, which has been a forum for public input (see LIB's "TIP Project", for example);
- Attacks railbanking, used for rails-to-trails;
- Adds several unfortunate provisions regarding the Recreational Trails program and state trail committees; SAFETEA also misses important opportunities by not mentioning Safe Routes to School and not including "routine accommodation" language to ensure road projects accommodate bicyclists and pedestrians. Bicycle groups will seek improvements to these and other deficiencies in the bill.

The House and Senate are now working on its own versions of the bill, using SAFETEA as a starting point. A major point of debate is the overall funding levels. SAFETEA calls for \$247 Billion over 6 years, a very slight increase over the present TEA-21 levels. Congressman Don Young (R-AK) has said that his House committee will not pass the bill without a significant increase, raising the odds of a 1-year extension to TEA-21.

### *PACE Bill Seeks Safe Routes to School Funding*

The absence of a Safe Routes to School provision in the Administration's SAFETEA proposal has led to Congressman Oberstar's (D-MN) introduction of the Pedestrian and Cyclist Equity Act of 2003 (PACE). At the heart of PACE is a national Safe Routes to School program which would provide \$250 million a year to fix unsafe conditions on roads near schools and encourage children to walk and bike to school.

Such a program is one of three America Bikes priorities for the new transportation bill. Enabling and encouraging children to walk or bike to school clearly has benefits: improving their safety, providing them with fresh air and exercise, reducing traffic around schools, reducing fuel consumption and pollution, increasing community involvement, and encouraging healthy, active lifestyles from an early age.

How can you make Safe Routes to School and a bike-friendly transportation bill a reality? Sign up for action alerts at [www.americabikes.org](http://www.americabikes.org)

## Polls show Americans Want Better Biking

(from a May 5 League of American Bicyclists press release)

A majority of Americans want to bicycle more and are prepared to invest tax dollars in better places to bike, according to two new national polls released during National Bike Month™.

In a poll conducted last month by Belden Russonello and Stewart (BRS), 53% of those polled supported increased federal spending on bicycle facilities, even if it means less gas taxes go to construction of new roads. 52% said they would like to ride a bike more often.

A survey conducted by the Gallup Organization and just released by federal transportation agencies found that the changes Americans believe would most improve bicycling are the installation of more facilities for bicycling, including bike lanes, new paths, and better lighting and signals.

50% of respondents to the BRS poll supported requiring roads to include bicycle lanes or paths, even if it means less space for cars and trucks. Currently few states routinely provide for bicycle travel when building roads, and less than 1% of federal transportation funds are used to build either bicycling or walking facilities. Almost half of the respondents to the Gallup poll said they are very or somewhat dissatisfied with how their communities are designed for bicycling.

The Gallup poll was conducted for the Bureau of Transportation Statistics (BTS) and the National Highway Traffic Safety Administration (NHTSA). It found that 27% of adults, or about 57 million Americans, now bike at least once a month during the summer months. 60% of all bike trips take place on roads or paved shoulders, and 18% of trips take place on paths or bike lanes. Of those recommending changes to improve bicycling, 73% providing new bicycle facilities and 8% recommended improving existing facilities.

## "Share the Road" Bumper Stickers

Help spread the message to other motorists to "Share the Road with Bicycles". This LIB bumper sticker has blue ink on a yellow background. Order yours by sending \$2.00 to LIB, 2550 Cheshire Dr., Aurora, IL 60504.







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# THE SPOKEN WORD

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SEPTEMBER 2003

VOLUME 32, NUMBER 8

## Pertinent Paragraphs from the Presidents

Hopefully you have been able to ride between the raindrops and the storms!! We sure have had some whoppers!!

Thanks to all who helped at the Arlington Bike Criterium races! What a beautiful day for the races – picture perfect – blue skies, a little breeze, and a great temperature. The races were great! VERY WELL RUN! The kid's races were a fantastic addition to the day's events. Next year the Arlington Heights Bicycle Association will help with the 2004 races, as our assistance was accepted.

Thank you to Gary Gilbert for setting up AHBA on Yahoo! That has been a tremendous way to talk and keep informed of everyone's whereabouts. We have been able to keep in touch and see pictures of many of our club members' on bike tours. Also a great way to get a question answered, such as how to clean a camelback.

There are still plenty of Saturday rides left through September and October. Look inside the newsletter or check the website for up to date changes and/or additions. Tuesday night rides continue through the last Tuesday in September.

For the past several years, our club has donated money to The Chicagoland Bicycle Federation, who have been very instrumental in getting more opportunities for the biking community in and around Chicago. They have someone assigned to work with CDOT(Chicago Dept. of Transportation), as well as coordinate with IDOT and the county. Currently the combined efforts keep 75 miles of bike lanes on Chicago streets marked and in good shape. They also work to find new streets to mark. Other notable accomplishments of the group include coordinating Mayor Daley's Bike the Drive, getting bikes on some Metra trains, bike valet parking at various Chicago events, and bike racks strategically placed around the city. We should all appreciate what they have done for us!

Start thinking about who you would like as new officers for the Arlington Heights Bicycle Association! The first meeting of the fall will be held on September 24 at Recreation Park. Hopefully we will see many of you there.

See you on the road!

Karen Zmrhal and Roy Euclide



<p><b>Presidents</b>                  Karen Zmrhal                  kz2000@attbi.com                  kz2000@eudoramail.com                  847-397-1499                  Roy Euclide                  847-437-0442</p>
<p><b>Vice Presidents</b>                  Dave &amp; Chris Van Dornick                  847-259-7917</p>
<p><b>Secretary</b>                  Barb Swasas                  630-628-6267                  powerbarb@screaminet.com</p>
<p><b>Treasurer</b>                  Ron McPheron                  847-824-5091</p>
<p><b>Meeting Program</b>                  Roy Euclide                  847-437-0442</p>
<p><b>Refreshments</b>                  Jan McCandless                  847-680-1729                  Carl Jester</p>
<p><b>Membership</b>                  Cecily Rood                  847-398-7448</p>
<p><b>Newsletter Editor</b>                  Tom Wilson                  tomwilson@wideopenwest.com                  847-632-1412</p>
<p><b>Newsletter Mailing</b>                  Jim Shoemaker                  imjims@msn.com                  847-910-8640</p>
<p><b>Bike Swap</b>                  Al &amp; Jeanie Gain                  847-392-1547</p>
<p><b>Arlington 500</b>                  Greg Konieczny                  konie@mindspring.com                  847-398-4633</p>
<p><b>Web Site</b>                  Cindy Trent                  ctrent@dist214.k12.il.us                  847-392-6750</p>
<p><b>AHBA Ride Hotline</b>                  847-255-3468</p>
<p><b>Web Address</b>                  http://www.geocities.com/                  colosseum/midfield/2543</p>

# Next Membership Meeting

September 24, 2003

There will be a Board Meeting at 6:30 pm before the Membership Meeting.

The Membership Meeting will begin at 7:30 pm.

All are welcome!

The meeting will be at Recreation Park in Arlington Heights

## NEW Newsletter Policy

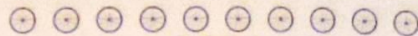
If you have any information for or about the club, I would love to hear from you. Send or email your information, ride stories, photos (with captions) and articles to me by the 10<sup>th</sup> of the **preceding** month.

Tom Wilson  
 105 N. Elmhurst Ave.  
 Mt. Prospect, IL 60056  
 tomwilson@wideopenwest.com

I would like to thank everyone who has called, visited, sent cards, gifts and well wishes since my recent biking accident. Your continued support has been greatly appreciated. As I will be unable to do any biking for the rest of the season, I wish you all a wonderful time and enjoyable summer.

With Sincere Thanks,

Kurt Schoenhoff

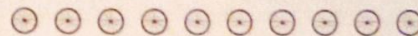


2003

## AHBA Top Mileage Riders

The top 25 in mileage as of 7-29-03

1. Mitch Polonsky 2626
2. Bob Hinkle 2339
3. Art Cunningham 2094
4. Christine Van Dornick 1860
5. David VanDornick 1698
6. Earle Horwitz 1674
7. Paula Matzek 1396
8. Greg Knoieczny 1370
9. Kurt Schoenhoff 1323
10. Bob Dominsky 1322
11. Chris Wager 1319
12. Len Geis 1177
13. Cindy Trent 1175
14. Kris Sudrovech 1091
15. Scott Schaedel 1080
16. Ralph Salle 969
17. Vince Kelley 933
18. Reinhilde Geis 898
19. Glen Sulser 820
20. Nancy Wagner 816
21. Jim Barr 807
22. Barb Swasas 807
23. Geri McPheron 672
24. Tom Drabant 669
25. Bob Pletch 666



## A Bug In The New Club Jersey

I had a blue jersey, a black and white jersey, and our new club jersey drying on my patio in early August. When I went out to get them I discovered that the new club jersey was covered with gnats. There were no gnats on the blue jersey or the black and white jersey. Upon closer inspection I noted that the gnats were just on the yellowish-orange part of the new club jersey, none were on the other colors. Definitely gnats seem to be attracted to the yellowish-orange color of our new jerseys. I wonder about the yellow jackets this fall. Will they too be attracted to our club jerseys?

Bob Hinkle



# AHBA RIDE SCHEDULE

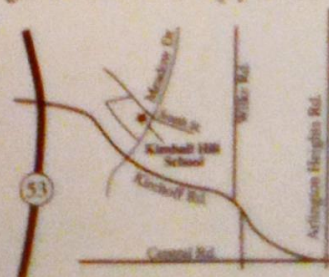
Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am 9:00 am on Tues April 1	Deerfield Bakery Ride	C	Deerfield Bakery	The bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N. of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the Bakery after the ride	25/Tues 35/Thurs	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Every Tue. for the season	6:30 pm	Tuesday Night	I	Recreation Park	Recreation Park is located in Arlington Heights at Miner & Douglas.	Varies	Call Karen Zmrhal to volunteer to lead one of these rides 847-397-1499
Saturday Aug. 16	8:30 am	Volo Bog Ride	A	Frontier Park	See an active biology wonder	72	Chris and Dave 847-259-7917
Saturday Aug. 23	8:30 am	Dawes Park Ride	A	Frontier Park	Ride to the lakefront and back	64	Chris and Dave 847-259-7917
Saturday Aug. 30	10:00 am	Picnic Ride	I	Kimball Hill School on Meadow St. in Rolling Meadows, north of Kirchoff	Bring a dish to pass Club will provide burgers, brats, beverage Other activities too!	35 to 40	Chris and Dave 847-259-7917
Saturday Sept. 6	9:00 am	Lakewood Brige Ride	A	Recreation Park	Ride to the North Shore to visit a unique wood bridge	53	Chris and Dave 847-259-7917
Saturday Sept. 13	9:00 am	Milwaukee Ride	A	Dave and Chris's house	1st day ride to Milwaukee	7	Chris and Dave 847-259-7917
Sunday Sept. 14	9:00 am	Milwaukee Ride	A	McKinley Marina Slips A-E	Ride in Milwaukee Kopps custard and more!	78	Chris and Dave 847-259-7917
Monday Sept. 15	When ever	Milwaukee Ride	A		Return trip from Milwaukee	7	Chris and Dave 847-259-7917
Saturday Sept. 20	9:00 am	Elmhurst Ride	A	Frontier Park	Ride south to a good German Restaurant	50+	Chris and Dave 847-259-7917
Saturday Sept. 27	9:00 am	Kettle Moraine Ride	A	General Store Lagrauge, WI	Ride in the southern part of the Kettle Moraine, lunch halfway. Some Hills! Call for directions	54	Chris and Dave 847-259-7917
Saturday Oct. 4	9:00 am	Kane County Ride	A	Langum Park off Rte 25 (Riverside Drive in St Charles)	Ride out west on some lesser traveled roads, lunch of course. Some hills!	72	Chris and Dave 847-259-7917
Sat & Sun Oct. 18, 19		Hilly Hundred		Ellettsville, IN	Hilly Hundred Weekend info at <a href="http://www.hillyhundred.org">www.hillyhundred.org</a> Contact Greg K. at 847-398-4633 about accommodations A pot luck supper is planned for Sat. evening	50 miles each day options for a shorter route	Greg Konicerny 847-398-4633

Call AHBA Ride Hotline for updates/change 847-255-3468

- A = Advanced (12-15 mph average)
- I = Intermediate (moderate pace)
- N = Newcomers (pace will depend on ability of participants)
- C = Choose your own pace
- <sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.
- <sup>2</sup> Recreation Park is located in Arlington Heights at Miner & Douglas.
- <sup>3</sup> Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District.

## AHBA Picnic at Kimball Hill School, Biking, Games and Food

Once again, Arlington Bicycle will be supplying various items of extreme (read "questionable") value for the club picnic. Come and play the ever popular "count the bearings" game and take home a shop gift certificate. Or try your hand at one of the other games of skill and chance and be richly rewarded for your aptitude or luck! Who knows, maybe you'll win something for just showing up?! All games are played at the participants risk and management makes no claims, either real or implied, as to the fairness or quality of judging of the events. Winners who complain about their prize will have it immediately confiscated! Losers who complain about the games will just continue to be "losers!". All sales tax is the responsibility of the winner and prizes may not be exchanged for anything of equal or greater value. Something of lesser or no value is always an option at Arlington Bicycle's discretion.





# INTERMEDIATE RIDE SCHEDULE

Date	Time	Ride Leader Phone#	Starting Point	Miles	Description
Saturday Aug. 16	8:00 am	Tom Drabant 847-394-4985	Frontier Park	45	Tom's Surprise Ride Start early and "beat the heat"
Saturday Aug. 23	9:00 am	Chris Wager 847-397-7217	Foglia YMCA	21/48	The YMCA is at the intercession of Fairfield and Old McHenry
Saturday Aug. 30	10:00 am	Chris and Dave 847-259-7917	Kimball Hill School	35	<b>AHBA Picnic</b> , Bring a dish to pass Club will provide burgers, brats, beverage. Other activities too! Kimball Hill School on Meadow St. in Rolling Meadows, north of Kirchoff
Saturday Sept. 6	9:00 am	Jan McCandless 847-680-1729	Frontier Park	35+	Jan's Oregano's Ride
Saturday Sept. 13	9:00 am	Geri & Ron McPheron 847-824-5091		30+	North by Northwest
Saturday Sept. 20	9:00 am	Karen Zmrha 847-397-1499	Frontier Park	35+	TBD Check The Ride Line or Website
Saturday Sept. 27	9:00 am	Dianne Ghertner 708-524-1963	Frontier Park	40ish	Guaranteed To Be A Good Lunch Stop!! At time of print direction was undecided but Dianne promises a good lunch and great time.

The last Saturday of September will conclude the Intermediate Rides for 2003. Show 'n Go rides are a great option for October. Just post that you're interested on the e-board.

## RIDES OF A DIFFERENT FLAVOR

### August Wednesday Chicago Area Bike Path/Trail Rides 2003

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
9/3	9:00	50/30	Cuba Marsh to Moraine Hills St. Park	Cuba Marsh	US 12 W; Ela S; Cuba Rd. E to entrance on L.	Packed crushed stone, connecting roads **
9/10	9:00	77	I & M Trail Morris to La Salle	Gebhard Woods St. Park, Morris	Exit I-80 S; R on US 6; follow signs to park.	Packed stone, some paved***
9/17	9:00	64	Glacial Drumlin Trail to Jefferson Junction	Fox River Sanctuary, Waukesha, WI	I-94 west of Milwaukee exit at WI 164 south to Waukesha, rt. on St. Paul Ave., lft. on Prairie to College, rt. to the Fox River Sanctuary parking	Packed, crushed limestone, 14 mi. paved***
9/24	10:30	40	Chicago Lake Front Path	Foster Ave Beach	East on Peterson off Edens, rt. on Ridge, bear rt. on Broadway to Foster, lft. under Lake Shore to 1st parking lot on lft.	Paved path

\*\*\* approved for narrow tires \*\* wide tires recommended \* wide tires required

Bring snacks and plenty of water to drink - Check with Art Cunningham - 963-8746 for details

## NEWCOMERS RIDE SCHEDULE

Date	Ride Name	Time	Starting Point	Miles	Leader	Phone#	Etc.
Sunday Aug., 17	Newcomers +	10:00 am	Frontier Park	12-15+	Shoe	847-910-8640	Helmets
Sunday Sept., 7	Newcomers +	9:00 am	Lions Park Mt. Prospect	12-15+	Shoe	847-910-8640	Helmets
Sunday Sept., 28	Newcomers +	10:00 am	Frontier Park	12-15+	Shoe	847-910-8640	Helmets

Lions Park is located in Mt. Prospect at Lincoln & Maple. (1 block South of NW Hwy & 2 block East of 83)  
**Call AHBA Ride Hotline for updates/change 847-255-3468**

Bring: Water, Extra Tube, Pump, Tire Levers  
 Bike will be safety checked  
 Sun glasses or safety glasses

This completes the Newcomers Rides season, thanks to all — Jim



# From Toronto to Montreal

On Sunday, July 27, Don Ami, Carl Jester and Kris Sudroveh began pedaling in Toronto, Ontario, Canada on what was dubbed Carl, Kris and Don's Excellent Adventure! The trip began in Toronto at the Old City Hall and wound its way to Montreal's Hotel de Ville (Old City Hall) throughout the week.

The route followed the shores of Lake Ontario, through the Apple Orchard Country and along the St. Lawrence Seaway. The weather cooperated and although some days were cloudy, the rain held off during the riding hours.

Big surprise – there were many stops along the way for Kodak moments, bike shops, Gatorade/Diet Pepsi and the occasional ice cream shop. The group was very proud to be last to



*Carl Jester, Don Ami and Kris Sudroveh at the start of "Carl, Kris and Don's Excellent Adventure!" (and the dog?)*

leave each morning as well as the last to arrive every night!

Except for equipment breakdowns and some questionable

accommodations, a great time was had by all!

## DOGS 2 AHBA 0

Bob Hinkle

Two AHBA members have fallen from their bikes as a result of encounters with dogs.

The first AHBA member told me that a dog chased him as he was riding through a subdivision near the Deerfield Bakery. The following Tuesday I rode with him through the same subdivision. The dog was loose and came out into the street darting between and around our bicycles. The dog did not attempt to bite us. I was already at the bakery on Thursday when the rider showed up with some minor road rash. He said the dog was loose again and came out into the street, ran into the bicycle, and knocked him over. I convinced him and the other rider that was with him to go to the Buffalo Grove police station and file a report. Since this was the first report filed about the dog, the police gave the owners a warning ticket. If a police report was filed after the first encounter, maybe the owners would have been more careful about letting their dog get loose and the rider would not have been knocked off his bike. If you have an encounter with a

dog go to the police station and file a report.

The second AHBA rider was riding on Erhart Rd near Gilmer Rd and didn't see the dog coming until the last moment. He ended up going off the road and into the ditch. He managed to walk up the driveway to a house and had the women call the police and then an ambulance. He sustained three fractures in his cervical vertebrae and now is wearing a "halo" and brace to immobilize his head. As he puts it, "If I were a cat I would have used up at least 3 of my nine lives."

Bike Virginia had this advice for their invitational riders when dealing with dogs. If the dog gives chase and you can't out-sprint the mutt, dismount, place your bicycle between you and the dog, and walk out of its territory. Continuing to ride with a dog snapping at your wheels could result in an accident. If your aim is good, a squirt of water in the face can sometimes discourage the dog.

From my personal experience, I have fallen while trying to out sprint a dog and also have fallen while trying to squirt a dog with water from my water bottle. I have never gotten hurt when I placed the bicycle between the dog and me and walk out of its territory.



# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ email \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone: \_\_\_\_\_

In signing this release for myself and/or all named participants under the age of 18, I understand that the Arlington Heights Bicycle Association officers and members are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. For myself and/or said minor, my (and minor's) heirs and assignees, I here by waive all claims for, forever discharge and release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned arranged sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

Membership for both Individuals and Families = \$10.

Family Members under 18 yrs. \_\_\_\_\_ Age \_\_\_\_\_

\_\_\_\_\_ Age \_\_\_\_\_

\_\_\_\_\_ Age \_\_\_\_\_

Make check payable to Arlington Heights Bicycle Association

Mail to: Cecily Rood

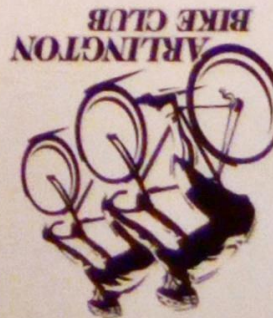
505 Kings bury Dr.

Arlington Heights, IL 60004-2450

60004+1525

[REDACTED]

Arlington Heights Bicycle Association  
500 E. Miner Street  
Arlington Heights, IL 60004





# THE SPOKEN WORD

OCTOBER 2003

VOLUME 32, NUMBER 9

## Pertinent Paragraphs from the Presidents

### Where did the summer go?

Thank you to all those who have volunteered your time and talents to the AHBA activities – whether it be the Bike Swap, the Arlington 500, newsletter, ride leaders, officers, club activity chairmen, etc. Without you there would be no club. So thanks again for all your contributions and making the AHBA a great club.

We have had many new bikers try out our club this year and then decide to join. I want to say thank you to all of you who made the new people feel welcome.

I understand more than 20 people went to Door County and all had a marvelous time! The weather cooperated very nicely and the bikers had a choice of rides each day. Everyone enjoyed many of Bob's historical, off the beaten path novelties! Thank you Bob Hinkle for the coordination of the event again this year.

Only a few Saturdays left to ride in October before the show-n-go rides start in November from Frontier Park at 10 AM.

The October general meeting, on October 22, 2003 at Recreation Park in Arlington Heights at 7:30 PM., will be your chance to learn the secrets of world class cycling

professionals. The October general meeting will feature Robbie Ventura, a member of the United States Postal Service professional team. Learn how to build power and endurance, effectively stretch, warm-up, and recover after rides, set and achieve your training goals, and unlock your potential! Come and join us for an evening of cycling education.

Officers will be elected at the October meeting. We invite everyone to the AHBA board meetings preceding the general meeting at 6:30 PM. Do you have any suggestions, comments, etc. regarding the Club? Come and let your voice be heard.

Our annual AHBA Club banquet is coming up in November. More information will be coming.

Do you have any ideas for programs? Any ideas for club ride destinations? Would you like any winter social activities such as cross country skiing, attending a play as a group, a road rally by car or bike, concerts, festivals, etc. We welcome any and all suggestions.

Enjoy the rest of the season!



<p><b>Presidents</b>                  Karen Zmrhal                  kz2000@attbi.com                  kz2000@eudoramail.com                  847-397-1499                  Roy Euclide                  847-437-0442</p>
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**Next  
 Membership  
 Meeting**

**September 24, 2003**

There will be a Board Meeting at 6:30 pm before the Membership Meeting.

The Membership Meeting will begin at 7:30 pm.

All are welcome!

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 Newsletter Policy**

If you have any information for or about the club, I would love to hear from you. Send or email your information, ride stories, photos (with captions) and articles to me by the 10<sup>th</sup> of the **preceding** month.

Tom Wilson  
 105 N. Elmhurst Ave.  
 Mt. Prospect, IL 60056  
 tomwilson@wideopenwest.com



**2003  
 AHBA Top Mileage Riders**

The top 25 in mileage as of 9-06-03

- |                          |      |
|--------------------------|------|
| 1. Mitch Polonsky        | 3055 |
| 2. Art Cunningham        | 2811 |
| 3. Bob Hinkle            | 2681 |
| 4. Christine Van Dornick | 2135 |
| 5. David Van Dornick     | 2019 |
| 6. Greg Konieczny        | 1967 |
| 7. Earle Horwitz         | 1921 |
| 8. Chris Wager           | 1832 |
| 9. Kris Sudrovech        | 1725 |
| 10. Bob Dominsky         | 1642 |
| 11. Paula Matzek         | 1605 |
| 12. Len Geis             | 1588 |
| 13. Cindy Trent          | 1517 |
| 14. Kurt Schoenhoff      | 1323 |
| 15. Reinhilde Geis       | 1274 |
| 16. Carl Jester          | 1269 |
| 17. Scott Schaedel       | 1258 |
| 18. Vince Kelley         | 1229 |
| 19. Ralph Salle          | 1160 |
| 20. Don Ami              | 1145 |
| 21. Geri McPheron        | 993  |
| 22. Nancy Wagner         | 988  |
| 23. Jim Barr             | 839  |
| 24. Barb Swasas          | 839  |
| 25. Glen Sulser          | 820  |



**Sept. meeting:** Two Mt. Prospect Bike Police will speak to the club.

**Oct. meeting:** Robbie Ventura, teammate to Lance Armstrong, will share tips and experiences for becoming a stronger rider. He has over 10 years experience and 65 professional victories.

**The annual awards banquet  
 will most likely be November 15.  
 Watch the next newsletter for more details.**



# AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am 9:00 am on Tues April 1	Deerfield Bakery Ride	C	Deerfield Bakery	The bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N. of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the Bakery after the ride	25/Tues 35/Thurs	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Saturday Sept. 20	9:00 am	Elmhurst Ride	A		Ride south to a good German Restaurant	50+	Chris and Dave 847-259-7917
Saturday Sept. 27	9:00 am	Kettle Moraine Ride	A	General Store Lagrange, WI	Ride in the southern part of the Kettle Moraine, lunch halfway, Some Hills! Call for directions	54	Chris and Dave 847-259-7917
Saturday Oct. 4	9:00 am	Kane County Ride	A	Langum Park off Rte 25 (Riverside Drive in St Charles)	Ride out west on some lesser traveled roads, lunch of course, Some hills!	72	Chris and Dave 847-259-7917
Saturday Oct. 11	9:00 am	Old Fashioned Ride West	A	Frontier Park	An old route with a new twist	50	Chris and Dave 847-259-7917
Sat & Sun Oct. 18, 19		Hilly Hundred		Ellettsville, IN	Hilly Hundred Weekend info at <a href="http://www.hillyhundred.org">www.hillyhundred.org</a> Contact Greg K. at 847-398-4633 about accommodations A pot luck supper is planned for Sat. evening	50 miles each day options for a shorter route	Greg Konieczny 847-398-4633
Saturday Oct. 25	9:30 am	Halloween Ride	A	The Pavilion Elk Grove Village	Ride in costume or as the typical ghoulish bunch	36	TBA

Call AHBA Ride Hotline for updates/change 847-255-3468

A = Advanced (12-15 mph average)	<sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.
I = Intermediate (moderate pace)	<sup>2</sup> Recreation Park is located in Arlington Heights at Miner & Douglas.
N = Newcomers (pace will depend on ability of participants)	<sup>3</sup> Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District
C = Choose your own pace	

Please turn in all sign up sheets so that we can have the most accurate account of mileage. Either bring it on a ride or mail it to the Van Dornick's, 2104 Wren, Rolling Meadows, IL 60008

Tuesday night rides end on September 30. Participants are encouraged to wear light colors and reflective gear.

The regular ride schedule will end with the rides of the week of October 26. Show-N-Go rides begin November 1 from Frontier Park at 10:00 am. They are weather dependant rides, typically 30-40 miles in length with a breakfast stop. Call the Van Dornick's for details. (847-259-7917)

## RIDES OF A DIFFERENT FLAVOR

### October Wednesday Chicago Area Bike Path/Trail Rides 2003

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
10/1	9:00	55 loop	Medley of Trails - Poplar Creek to Ned Brown	Ned Brown F. P., Golf Road Parking Lot	South of Golf Rd. just East of I-290	Paved with connecting roads, Joe Irons, Host 359-0551
10/8	9:00	60	Dundee to Richmond	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved and packed crushed stone paths *** Kilian Emanuel, 296-7874
10/15	9:00	42	Tinley Creek F. P. District Paths	Community Pk., Palos Hts.	So. I-294, E. I-55, So. US 45, E. IL 83 past IL 7, rt. 76th, park at pool lot on rt.	Paved path and connecting roads
10/22	9:00	50	Des Plaines/ McClory Lake County Loop	Parking Lot D, Old School Forest Preserve	IL 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D lot.	Packed crushed stone, paved ***
10/29	9:00	50/30 loop	Medley of Trails - Deer Grove Woods to Arlington Lake	Nichols Hill Golf Course	From Dundee Rd. turn north on Kennicott to end, 1st lot on left, bottom of hill.	Packed crushed stone and paved paths, short unimproved trail/roads **

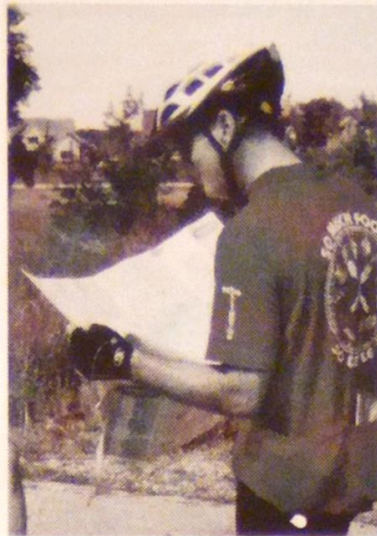
\*\*\* approved for narrow tires \*\* wide tires recommended \* wide tires required  
Bring snacks and plenty of water to drink



Lake Forest Ride



Greg's chain repair



Scott— Where are we?



Cindy shows off her ice cream creation

The Evanston Ride



Lunch Stop on the Evanston Ride

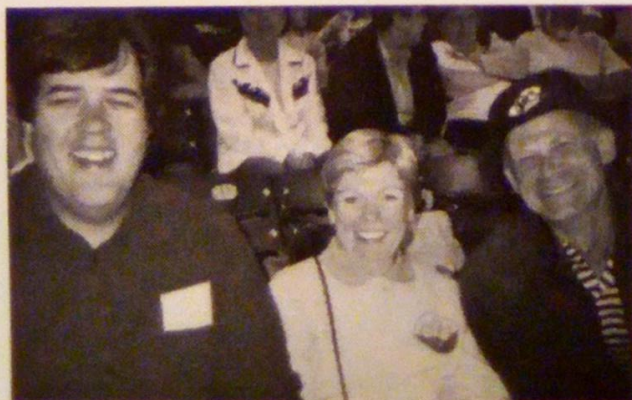


Kris thanks Vince for rescuing "Cappy" the cow

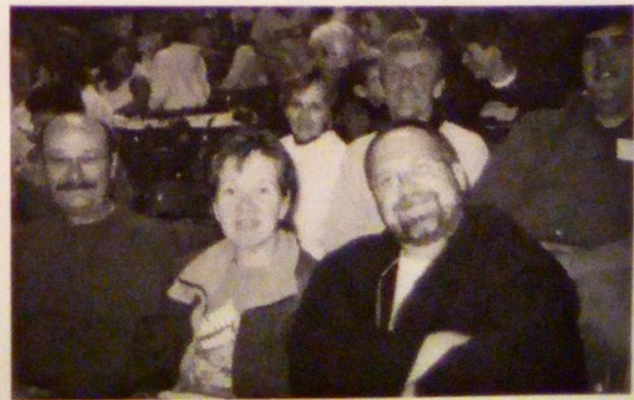


Gary and Lee beverages of choice

At the Schaumbur Flyers Game



Carl, Kris, Don



Nancy, Don, Carl, Milo, Barb, and Glen

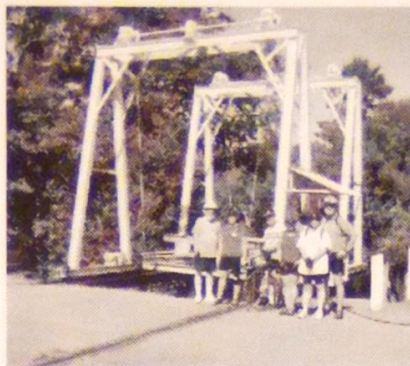


# Eagle River Adventure

Bob Hinkle

Nineteen people showed up for the three days of bicycling in the north woods surrounding Eagle River, WI. The first day's ride took us to the Burnt Rollways Boat Hoist. We saw the boat Hoist lift two jet skis from one lake and carry them across the road on railroad tracks and lower them into another lake on the other side of the dam. The weather was perfect, the roads had little traffic, and we enjoyed the north woods scenery of pines, maples, and aspens surrounding the lakes and river. The deer were so numerous that we lost count as to how many we saw. Most riders took the extra loop for a total of 50 miles. Tom Drabant found us a perfect lunch stop at a resort on the shores of Medicine Lake and we did what the AHBA does best; we ate lunch.

Some of the riders were concerned about the three hills that we would encounter on the second day's ride. The hills became less of a distraction when we encountered the "two foot" size humanoid footprints crossing our road in the swampy areas. Were we being watched? We were also confused when we were in the town of Land Of Lakes. Looking down route 45 we saw the welcome to



*The Burnt Rollways Boat Hoist*



*The Lakes*



*The Woods*



*The Eagle River Group*

Wisconsin sign and looking the opposite way up route 45 we saw the welcome to Michigan sign. Where were we? We were between the two signs. Were we still in the USA? We made a quick stop at the small park at the beginning of the Wisconsin River and then it was on to the hills. As in the previous Eagle River ride Dick Marr was riding ahead of the group and left message "Is this the hill?" at the top of each hill. It was a cool day and we didn't work up much of a sweat going up the hills. In fact most riders said that the hills weren't that bad. The basic route was 42 miles but could be extended to 56 or 68 miles by riding additional loops

Rain was predicted for early afternoon on our last riding day so we started the ride at 8 am to beat the rain. We could see the clouds coming from the northwest so taking the extra loop for 54 miles was no advisable. Again we rode on lightly travel roads through the forest and around the lakes. We got as far as Big St. Germain Lake and then headed back. It was a wise choice. As we rode the last half

mile the lightning flashed and the thunder roared. The last rider made it back to the motel just as the big drops began to fall.



# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ email \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone: \_\_\_\_\_

In signing this release for myself and/or all named participants under the age of 18, I understand that the Arlington Heights Bicycle Association officers and members are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. For myself and/or said minor, my (and minor's) heirs and assignees, I here by waive all claims for, forever discharge and release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned arranged sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

Membership for both Individuals and Families = \$10.

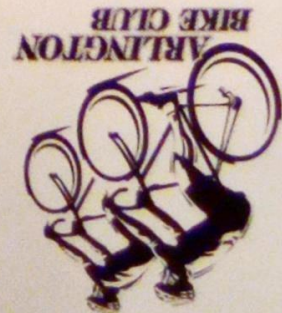
Family Members under 18 yrs. \_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_

Make check payable to Arlington Heights Bicycle Association  
Mail to: Cecily Rood  
505 Kings bury Dr.  
Arlington Heights, IL 60004-2450

60004+1525

[REDACTED]

Arlington Heights Bicycle Association  
500 E. Miner Street  
Arlington Heights, IL 60004





# THE SPOKEN WORD

NOVEMBER / DECEMBER 2003

VOLUME 32, NUMBER 10

## The Season is Over, Time to Eat

The AHBA Banquet will be on November 15, 2003 at Cucina Roma in the Elk Grove Town Center Shopping Center at Arlington Heights and Biesterfield Roads. The cost is \$12 per person.

Cocktails (Cash Bar) and Appetizers will be at 6:30 p.m. with dinner being served at 7:30 p.m.

Please RSVP to Ron McPherson by calling at 847-824-5091 and/or sending a check to Ron at: 1806 Azalea Lane, Mt. Prospect, IL 60056.

Any ideas for special awards, please contact Chris VanDornick at 847-259-7917.

## What to do in December

Don Ami (847-301-1366 or donwaus@yahoo.com) is getting a group together to see "Late Nite Catechism" at the Metropolis Performing Arts Centre (111 W. Campbell, Arl Hts). Date is Tuesday, December 2. Show starts at 8:00 pm. Tickets are \$25 each. Those that wish will meet for dinner at 6:00. Vote for your restaurant of choice - either Chins (Chinese), Pronto Roma (Italian), Peggy Kunanes (Irish) or La Chicanita (Mexican). Order individually off the menu. Make checks payable to Don Ami and mail to Don at 285 Pembridge Ln, Schaumburg, IL 60193. All money must be in Don's hands by November 16. Please indicate whether you will be joining us for dinner.

## Robbie Ventura will be at the October Meeting

October meeting: Robbie Ventura, teammate to Lance Armstrong, will share tips and experiences for becoming a stronger rider. He has over 10 years experience and 65 professional victories.

## Time Change for the Bakery Rides

Bakery rides will start at 10 AM on Thursday October 16th. Most of the riders are now parking at Willow Stream Park just west of the Bakery on Old Checker Rd. Don't park in the Bakery lot unless you are inside the bakery.

## November Show-N-Go Rides

Sue Smyczynski will lead a Show-N-Go ride from Frontier Park on Saturdays in November. It will be an intermediate ride of about 20 to 25 miles and start at ~~10:00~~. Any question call 847-899-7387.

*Don Ami*



<p><b>Presidents</b>                  Karen Zmrhal                  kz2000@atbi.com                  kz2000@eudoramail.com                  847-397-1499                  Roy Euclide                  847-437-0442</p>
<p><b>Vice Presidents</b>                  Dave &amp; Chris Van Dornick                  847-259-7917</p>
<p><b>Secretary</b>                  Barb Swasas                  630-628-6267                  powerbarb@screaminet.com</p>
<p><b>Treasurer</b>                  Ron McPheron                  847-824-5091</p>
<p><b>Meeting Program</b>                  Roy Euclide                  847-437-0442</p>
<p><b>Refreshments</b>                  Jan McCandless                  847-680-1729                  Carl Jester</p>
<p><b>Membership</b>                  Cecily Rood                  847-398-7448</p>
<p><b>Newsletter Editor</b>                  Tom Wilson                  tomwilson@wideopenwest.com                  847-632-1412</p>
<p><b>Newsletter Mailing</b>                  Jim Shoemaker                  injims@msn.com                  847-910-8640</p>
<p><b>Bike Swap</b>                  Al &amp; Jeanie Gain                  847-392-1547</p>
<p><b>Arlington 500</b>                  Greg Konieczny                  konie@mindspring.com                  847-398-4633</p>
<p><b>Web Site</b>                  Cindy Trent                  ctrent@dist214.k12.il.us                  847-392-6750</p>
<p><b>AHBA Ride Hotline</b>                  847-255-3468</p>
<p><b>Web Address</b>                  http://www.geocities.com/                  colosseum/midfield/2543</p>

## Next Membership Meeting

### October 22, 2003

There will be a Board Meeting at 6:30 pm before the Membership Meeting.

The Membership Meeting will begin at 7:30 pm.

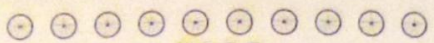
All are welcome!

The meeting will be at Recreation Park in Arlington Heights

## NEW Newsletter Policy

If you have any information for or about the club, I would love to hear from you. Send or email your information, ride stories, photos (with captions) and articles to me by the 10<sup>th</sup> of the **preceding** month.

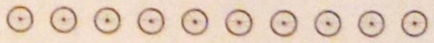
Tom Wilson  
 105 N. Elmhurst Ave.  
 Mt. Prospect, IL 60056  
 tomwilson@wideopenwest.com



## 2003 AHBA Top Mileage Riders

The top 25 in mileage as of 10-6-03

- |                          |      |
|--------------------------|------|
| 1. Mitch Polonsky        | 3559 |
| 2. Art Cunningham        | 3152 |
| 3. Bob Hinkle            | 2978 |
| 4. Christine Van Dornick | 2575 |
| 5. David Van Dornick     | 2419 |
| 6. Greg Konieczny        | 2204 |
| 7. Earle Horwitz         | 2157 |
| 8. Kris Sudrovecz        | 2061 |
| 9. Chris Wager           | 2032 |
| 10. Len Geis             | 1994 |
| 11. Bob Dominsky         | 1842 |
| 12. Paula Matzek         | 1802 |
| 13. Cindy Trent          | 1555 |
| 14. Reinhilde Geis       | 1550 |
| 15. Don Ami              | 1511 |
| 16. Carl Jester          | 1382 |
| 17. Vince Kelley         | 1373 |
| 18. Geri McPheron        | 1371 |
| 19. Ralph Salle          | 1367 |
| 20. Scott Schaedel       | 1350 |
| 21. Kurt Schoenhoff      | 1323 |
| 22. Ron McPheron         | 1061 |
| 23. Nancy Wagner         | 1031 |
| 24. Don Derebey          | 983  |
| 25. Tom Drabant          | 938  |



## Kurt Schoenhoff's Up-Date

He was scheduled to go to the hospital on Oct. 6th to have the halo removed so that they could do an MRI of his head and based on these results possibly remove the halo for good and replace it with a neck brace and begin therapy on his atrophied muscles.

However, after bumping his head during his sleep recently, his head started bleeding and giving him excruciating pain. So, they ordered him to the hospital 2 days early and found with the MRI that the bones had not healed properly. He had to remain in the hospital and does have the neck brace now. On Monday or Tuesday, he will have surgery to screw 2 neck vertebrae together, hoping that the third will heal by itself. He is scheduled to remain in the hospital 2 or 3 days after the surgery and must be in the neck brace for 8 weeks, after which they hope re-hab can begin.

Len Geis



# AHBA RIDE SCHEDULE

Date	Time	Ride Name	Type	Starting Point	Directions/Description	Miles	Leader Phone#
Every Tues & Thurs	10:00 am	Deerfield Bakery Ride	C	Deerfield Bakery	The bakery is located at Buffalo Grove Rd. & Old Checker Rd. Just N. of Lake-Cook Rd. Parking at the rear of the Deerfield Bakery. Enjoy the goodies at the Bakery after the ride	25/Tues 35/Thurs	No ride leader-call Bob Hinkle (847-259-1423) for info. Joint ride with Wheeling Wheelmen
Saturday Oct. 11	9:00 am	Old Fashioned Ride West	A	Frontier Park	An old route with a new twist	50+	Chris and Dave 847-259-7917
Sat & Sun Oct. 18, 19		Hilly Hundred	C	Ellettsville, IN	Hilly Hundred Weekend info at <a href="http://www.hillyhundred.org">www.hillyhundred.org</a> Contact Greg K. at 847-398-4633 about accommodations A pot luck supper is planned for Sat. evening	50 miles each day options for a shorter route	Greg Komiczny 847-398-4633
Saturday Oct. 25	9:30 am	Halloween Ride	A	The Pavilion Elk Grove Village	Ride in costume or as the typical ghoulish bunch	36	TBA

Call AHBA Ride Hotline for updates/change 847-255-3468

A = Advanced (12-15 mph average)

I = Intermediate (moderate pace)

N = Newcomers (pace will depend on ability of participants)

C = Choose your own pace

<sup>1</sup> Frontier Park is located in Arlington Heights at Palatine Rd. & Kennicott.

<sup>2</sup> Recreation Park is located in Arlington Heights at Miner & Douglas.

<sup>3</sup> Kildeer School is located on Old McHenry Rd., just NW of Long Grove Shopping District

Please turn in all sign up sheets so that we can have the most accurate account of mileage. Either bring it on a ride or mail it to the Van Dornick's, 2104 Wren, Rolling Meadows, IL 60008

The regular ride schedule will end with the rides of the week of October 26. Show-N-Go rides begin November 1 from Frontier Park at 10:00 am. They are weather dependant rides, typically 30-40 miles in length with a breakfast stop. Call the Van Dornick's for details. (847-259-7917)

## Nostalgia

By Bob Hinkle

In a moment of nostalgia I told Earle Horwitz that I would go with him and Bob Dominski on a three day self contained bicycle ride to Wisconsin and back. In the late 1970's when I joined the ARBA, there weren't many bicycle tours available for the cyclists. If you went on a weeklong ride it was either with a bike club or you went by yourself.

The first weeklong club ride that I went on was self-contained and mapped out by one of the club members. Everything was packed onto the bicycle, tent, sleeping bag, air mattress clothes, and etc. Everyone had a cue sheet but most riders did not have an odometer and the streets were not marked with arrows. You had to pay attention to where you were going. I also carried a road map of the area where I would be riding.

We had no sag support on the ride. If you ran out of water you went up to a farmhouse and asked the farmer to fill your water bottle. I carried an extra tire, spokes, and extra tubes. I also carried an assortment of tools. Bicycle shops were few and far between. Without a sag wagon to drive you to a bike shop you had to make your own repairs. If you got tired or fell off your bike you were on your own and

had to find your own solution. In those days there were no cell phones. We did have several members arriving at the campground in the evenings in the back of a pickup truck.

Finding places to eat was a major concern. Since we stayed off of the major highways we seldom rode through any large towns. Sometimes the small towns that we planned for a food stop didn't have a restaurant. Today most small towns have a mini mart in their

gas stations where you can get a can of pop and a sandwich. I elected not to cook my meals at the campsite because I didn't want carry the extra weight of cooking materials on my bike. This meant that I ate an early supper before I got to the campground. If the town had a grocery store I would stop and buy some apples or bananas and take them with me to eat later in the campground. Sometimes in the morning I had to ride a distance to find an open restaurant. I carried a mixture of peanuts, raisin, and M & M in a plastic bag just in case I couldn't find a place to eat.

Those early weeklong tours were more of an adventure than today's sanitized rides. We weren't interested in doing a century but just making it to the next campground. We had no loud music or parties in the campground. Most of the cyclists did not have a hill climbing gear. After riding up the hills and into the wind with 40 to 50 pound strapped to the bike we were tired. We took more breaks. This gave us more opportunity to talk with the local people and learn something about them and the area we were riding through. Of course they were always interested in us and they always asked the same two questions, "Where did we start"? And "Where are we going"?



Loaded and ready to go.  
Bob D., Bob H., & Earle



# MEMBERSHIP APPLICATION FOR THE ARLINGTON HEIGHTS BICYCLE ASSOCIATION

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ email \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone: \_\_\_\_\_

In signing this release for myself and/or all named participants under the age of 18, I understand that the Arlington Heights Bicycle Association officers and members are not insurers of any participant's personal safety during any activity of the Arlington Heights Bicycle Association. For myself and/or said minor, my (and minor's) heirs and assignees, I here by waive all claims for, forever discharge and release, and agree to hold harmless, the Arlington Heights Bicycle Association, its officers and members, from any and all liability from personal injuries or property damage I/we may sustain during any event, outing or activity planned arranged sponsored or otherwise participated in by the Arlington Heights Bicycle Association.

Signature \_\_\_\_\_ Date \_\_\_\_\_

SIGNATURES OF ADDITIONAL ADULT FAMILY MEMBERS FOR FAMILY MEMBERSHIP

Membership for both Individuals and Families = \$10.

Family Members under 18 yrs. \_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_ Age \_\_\_\_\_

Make check payable to Arlington Heights Bicycle Association  
Mail to: Cecily Rood  
505 Kings bury Dr.  
Arlington Heights, IL 60004-2450

600042450

[Redacted signature]

Arlington Heights Bicycle Association  
500 E. Miner Street  
Arlington Heights, IL 60004

